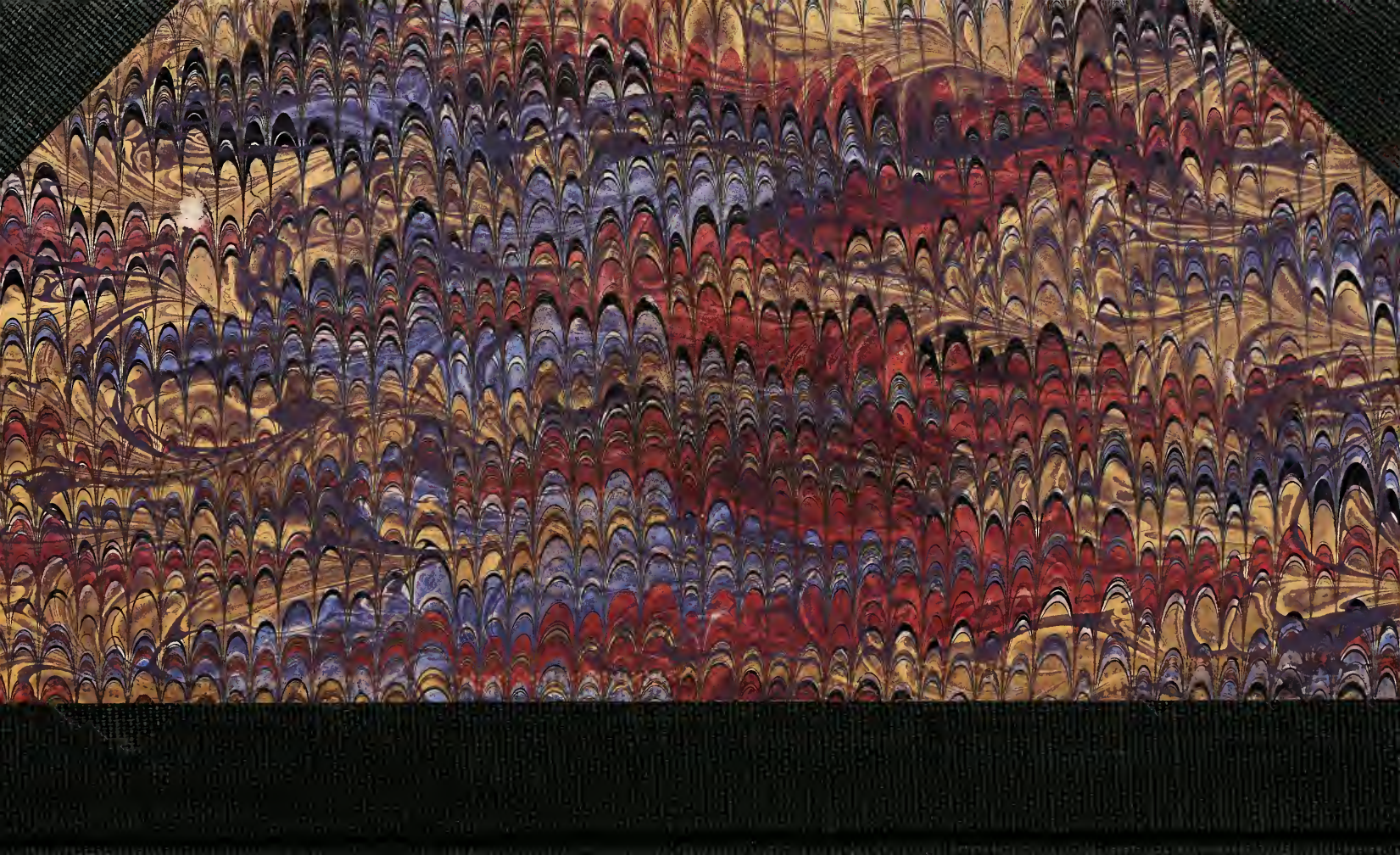

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Three Varieties of Club Foot

Plate 1

Varus

Valgus

Pes Equinus.

A

TREATISE

ON THE

DISTORTIONS AND DEFORMITIES

OF THE

HUMAN BODY.

EXHIBITING A CONCISE VIEW OF THE NATURE AND TREATMENT OF THE PRINCIPAL

MALFORMATIONS AND DISTORTIONS

OF

THE CHEST, SPINE, AND LIMBS.

BY LIONEL J. BEALE,

MEMBER OF THE ROYAL COLLEGE OF SURGEONS.

SECOND EDITION.

LONDON:

JOHN CHURCHILL, PRINCES STREET, SOHO,

Medical Bookseller and Publisher.

1833.

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TO

ANTHONY WHITE, Esq.

VICE-PRESIDENT OF THE ROYAL COLLEGE OF SURGEONS,

&c. &c. &c.

AS A SMALL TOKEN OF GRATITUDE

FOR

MANY VALUABLE PRECEPTS

AND OF

HIGH RESPECT FOR THE TALENTS AND URBANITY,

WHICH

HAVE JUSTLY PLACED HIM AT THE SUMMIT OF
HIS PROFESSION,

THIS WORK IS INSCRIBED

BY HIS FORMER PUPIL,

THE AUTHOR.

31, Bedford Street, Strand.
March 4th, 1830.

PREFACE

TO

THE FIRST EDITION.

Peculiar circumstances having directed my attention to the subject of Deformities, I was surprised to find that there was no work in the English language, which professed to treat generally of these maladies. We have some excellent works on particular varieties of spinal distortion, but with regard to deformities of the limbs, excepting a few scattered papers in our periodicals, I can find no good description of these maladies, nor is there any English writer on surgery, who enters into a detailed account of their nature and treatment. Even in our Dictionaries and elementary works on sur-

gery, the subject is barely noticed. Of late years, several eminent continental surgeons have interested themselves in these truly surgical maladies, and I have collected much valuable matter from their writings. How far I may have accomplished the task I have undertaken, of bringing together and condensing the observations which have been recorded, on the subject of distortions in the writings of various authors, I must leave others to judge. I have endeavoured, by consulting all the books I could find, connected with the subject, together with some experience of my own, to give a concise account of the nature and treatment of the principal deformities to which the human frame is liable.

Much unfounded prejudice prevails among English surgeons, with regard to the employment of mechanical apparatus in the treatment of distortions of the limbs: certain it is, that many cannot be removed without such means, and the impressions entertained against their utility are quite unac-

countable. To those who have any doubt of the efficiency of instruments in producing a change in the form of limbs, I beg to recommend the perusal of Mr. Bransby Cooper's account of the osteology of a Chinese woman's foot, in the Philosophical Transactions for the present year. In the beautiful engraving of the bones, with which the paper is illustrated, the os calcis will be seen completely reversed in its position, for instead of its long diameter being horizontal, it has become quite vertical, in the same axis with the tibia, and does not extend posteriorly from this bone, the heel being perpendicular to the back part of the leg. All the other bones of the foot will be found distorted. Now, if such deviations can be effected contrary to Nature we may confidently apply mechanism to place parts in those situations which Nature intended they should occupy.

Although this branch of surgery has been strangely neglected and committed to the hands of mechanics, it is nevertheless one of great importance, when

we consider the influence which civilization, and the aggregation of mankind in large towns have on the human form. It is quite evident, that the farther we are removed from a state of nature, the more numerous do cases of congenital deformity become. Animals in a wild state very rarely indeed produce monstrosities, and those which have been long domesticated and have completely relinquished their natural habits, present the most frequent instances of malformation. Dogs, cats, and the domestic fowls, more especially illustrate the truth of these observations.

If we would prevent the increase of deformities among our children, we must pay more attention to their physical education, than has been the fashion in this country. Nor need we apprehend, that more attention to physical, will interfere with mental improvement: on the contrary, if the body is sound, the mind will more readily receive good impressions, than under opposite circumstances. The instances which occur of powerful and intelli-

gent minds, connected with feeble and debilitated corporeal frames, are but exceptions to the general rule. For a corroboration of this opinion we need only refer to the patriots and philosophers of Athens and Rome, who were at least equal in intellectual capacity, to the less vigorous denizens of any modern state.

The following is a list of the principal works on the subject of Deformities; to many of which I am indebted for hints and extracts.

Andry de l'Orthopédie, 1741.
Le Vacher de la Feutrie, Traité du Rakitis, ou l'Art de Redresser les Enfans Contrefait, 1772.
Pott's Works, Vol. 3.
Petit Maladies des Os.
Portal Observations sur la Rachitisme.
Palleta Exercitationes Chirurgicæ.
Desbordeaux Nouvelle Orthopédie.
Scarpa Memoria sui Piedi Torti—This has been translated by Mr. Wishart of Edinburgh.
Baynton on the Spine.
Copeland on the Spine.
Wilsons Lectures on the Skeleton.
Brodie on the Joints.
Bell on Injuries of the Spine.

Shaw on Distortions of the Spine.
Jarrold on Curvatures of the Spine.
Dr. Dods on Rotated, or Contorted Spine.
Ward on Distortions.
Bampfield on Diseases of the Spine.
Wenzel über die Krankheiten am Rückgrathe.
Iörg Ueber die Verkrummungen.
Dr. Harrison on Spinal Diseases.
Pravaz des Deviations de la Colonne Vertebrale.
Delpech de l'Orthomorphie.
Lafond sur les Principales Difformités.
Cruveilheir Anatomie Pathologique.
Encyclopédie Methodique, Art. Orthopedique.
Dublin Hospital Reports, Vol. I.
Gerdy sur les Bandages.
Dictionnaire des Sciences Médicales, Art. Orthopédique, et Pied-bot.

PREFACE

TO

THE SECOND EDITION.

Encouraged by the favourable reception and patronage of the First Edition of this Treatise, I have endeavoured, from subsequent experience, together with such information as could be obtained from publications relating to the subject, both here and on the continent, to render the present more complete and useful. The only work in existence which professes to give a general and complete view of the deformities of the human body is that of Delpech, which consists of two large volumes in 8vo. and one in 4to. of plates and cases. My smaller volume by the side of this work appears diminutive, but I think it contains all that is really essential

in a practical point of view. It has been observed, that the reader labours to reduce what the writer labours to expand. There are few writings which may not be condensed with advantage—what is really essential to be said on any question may generally be said in a few words. On this principle I have endeavoured to reduce rather than to expand the matter that has presented itself to me, so that I trust the smallness of my volume will not be condemned before its contents are examined. I do not profess to give all that has been written on the subject of Deformities, but I think I have given all that is essential towards a rational view and treatment of these maladies. My object has been to produce a work that may be of some use as a book of reference on the subject of which it treats; and if I have in any degree succeeded, my ambition will be gratified, and my labour rewarded.

31, *Bedford Street, Strand,*
14th November, 1832.

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Plate 2.

Fig: 1.

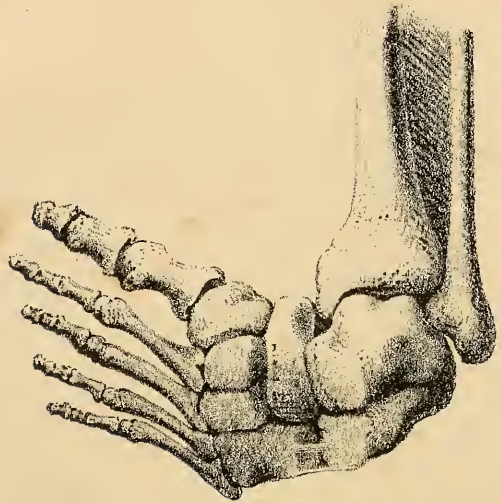

Fig: 2.

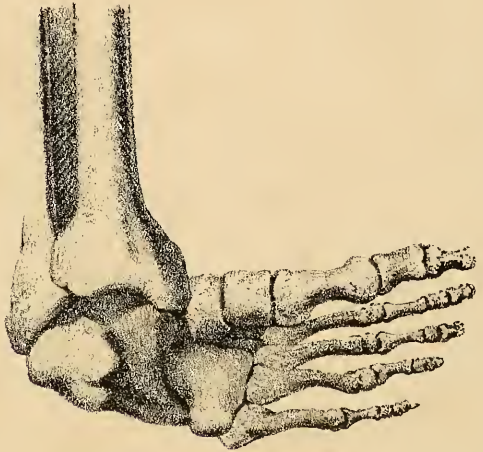

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Fig. 1.

Fig 2.

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A

TREATISE ON DEFORMITIES,

&c. &c.

INTRODUCTION.

Of the Formation and Growth of Bone. Of Cartilage. Of Ligaments. Of the Skeleton. Structure of the Foot. Structure of the Vertebral Column. Of the Muscles.

OF THE FORMATION AND GROWTH OF BONE.

Bone is composed of two substances, independent of the blood, marrow and membranes contained in it. One of these is animal jelly, or gelatine, which forms the basis, or primary rudiment; the other is an earthy substance, composed of phosphoric acid and lime.

In the embryo, the situation of the bones is first pointed out, by a more dense state of the mucus, or gelatinous matter, of which the infant animal at this period consists. This element of bone gradually hardens into gristle, or cartilage. As the fœtus grows, the earthy salt or phosphate of lime, is de-

posited in the cartilage, and is arranged in it by fibres, which extend from one or many common centres in each bone. The fibres are divergent in flat bones, and parallel in long ones. As a general rule, it may be said that the organization of those parts is most promptly finished, which are first called into use: thus, the bones of the ear are perfect at birth in all animals.

The tissue of the bones differs in different animals, it is fine in man, more gross in quadrupeds, relaxed and rude in the cetacea, thin, firm, and elastic in birds. Marine animals, as seals, cetacea and tortoises, have no medullary cavity in their bones, whilst the cavities in the bones of birds are large, but without marrow.

The bones are soft and flexible in young animals, acquire hardness and rigidity as growth ceases, and become fragile in old age. Cartilaginous fishes, as rays, sharks, &c. are said to grow all their life, their extension not being arrested by the solidity of the skeleton, as in others animals. The slower the process of ossification in an animal, the longer is the period of its growth and life, because, as the organization becomes rigid, the vital functions are carried on with increasing difficulty.

The degree of hardness is greater in some bones than in others, and varies in the different parts of the same bone. Where it is considerable, there is more of earthy matter, and more of animal sub-

stance, where it is less so. Soft bones, having more animal matter, are more vascular than harder bones. The bones of young growing animals, possessing more vessels than those of full grown animals, are therefore softer.

The strength, thickness and muscular impressions of bones, differ in skeletons of the same height. In women and men of inactive lives, the bones have a less degree of these qualities, than those whose lives have been active and laborious.

The phenomena of the formation and growth of the antlers of the stag kind, are perfectly analogous to ossification in the bodies of animals, for the antler is a true bone.

The bones from the frame-work of the animal system, support and defend the most important organs. They offer most resistance to external influences, remaining unchanged for ages: their imperishable nature bearing records even of the antediluvian world.

The form of the future bone, is represented in the fœtus by cartilage, the vessels of which gradually enlarge until they are capable of carrying the red globules of the blood, when ossification begins. The arteries increase and form a complete network, at the centre of ossification, from which fibres proceed, according to the intended form of the bone. The bone is first red, but as the earthy matter increases, the number of vessels diminish, the centre

assumes a white or yellow hue, the redness retreating to the ends of the bone and entirely going off, as this acquires its full development. As ossification proceeds, it buries the vessels by which it was formed, the appearance of vascularity being entirely concealed, by the hardness and density of the bony fibres. The great vascularity of the living bone, may be familiarly illustrated, by holding the hand before a strong light, when the phalanges of the fingers, appear perfectly transparent. This is also seen in preparations of injected bones, where the earthy matter having been removed by maceration in acid, leaves the gelatine traversed by vessels in such profusion, that it may bear comparison in point of vascularity, with any of the softer parts of the body.

The quantity of osseous matter in the bones at the time of birth, is only sufficient to give them firmness, without preventing flexibility, and thus the fœtus is better fitted to pass through the pelvis than it would be if ossification was more perfect.

The heads of the long bones are, in all young animals, separated from the shaft by cartilage ; in the human subject, they are not consolidated before the age of 15 or 20. The structure of these parts is always more spongy than the rest of the bone, and, in rickety and scrophulous children, they exhibit to the experienced eye, early indications of disease.

Bone is a secretion from the blood ; it contains in

its structure arteries for nutrition, and absorbents for the removal of worn-out particles, like other parts of the frame. Health depends on the regular deposition, absorption, moulding, and forming of parts. Nothing can be more worthy our admiration than the continual renovation and change of particles, even in the hardest bone. Changes, which we conjecture by fair analogy with respect to the soft parts, we know by direct experiment to occur in the bones. It was by accident discovered, that animals, fed on the refuse of madder, employed by dyers, had their bones tinged of a deep red colour. This led to experiments, and it was found, that when madder was given to animals, withheld for some time and then given again, the colour appears in the bones, and goes away with such rapidity, as proves a deposition and absorption truly wonderful. All the bones are tinged in twenty-four hours, in two or three days the colour becomes very deep, and if the food be changed, in a few days the red colour will entirely disappear. By the microscope it was easy to distinguish, that the colour was mixed with the bony structure only, the vessels, like those of the rest of the body, having no tinge. The earthy matter, which constitutes the hardness and all the useful properties of bone, is dead and inorganic ; it lies in the interstices of the gelatine, which gives it consistence and strength. In a broken limb, there is first a thin effusion, then a tremulous jelly, then radiating

vessels, then ossifying spots, which running together form perfect bone. During all the process of ossification, the absorbents proportion their action to the stimulus which is applied to them : they carry away the serous fluid when jelly is deposited, they remove the jelly as bone is secreted, they afterwards continue to remove the bony particles, as new ones are deposited by the arteries.

Bones are supplied with nerves, as well as with arteries and absorbents, they usually pass in with the nutrient vessels, and yet bone is quite insensible. We suffer no pain when periosteum is scraped from the bone, nor when the bone is sawed in amputation; even the actual cautery produces but a slight feeling of itching and heat. In a healthy state, these nerves appear to send no sensations to the brain ; but when bone is inflamed, its sensibility is roused. Soft parts have their sensibility increased by disease ; so bones, ligaments, and cartilages, all parts which in health have very obscure feelings, are roused to a degree of sensibility even exceeding that of other parts. There is no pain greater than that of a wounded joint.

Ossification, which begins in the human embryo seven or eight weeks after conception, is at first rapid, but advances more slowly after birth, and is not completed before the twentieth year. It is forwarded by health and strength ; retarded by weakness and disease. In scrophulous children, it is im-

perfectly carried on; their bones are spongy and soft, and often incapable of supporting the weight of their bodies.

The process of ossification differs, according to the form of the bone. In the long bones there is one central ring first ossified; the body extends towards either head: the heads, ossifying each in its centre, extend towards the shaft, but they are not completely united before the twentieth year; about which time the body, heads and processes are finally consolidated into one bone. In flat bones, ossification begins at one, or more central points, and the radiating fibres join the radii of other ossifying points, or meet the edges of the next bone. The thick round bones of the wrist and tarsus, have each an ossifying point in their centre, which is surrounded by cartilage. The processes of bones are generally distinct ossifications, afterwards united to the bone, in the same manner as the heads. There is no distinction between the heads and body of the bone, while it is in a cartilaginous state: they appear as separate parts at that stage when the body is ossified, and each of the heads beginning to form, they continue as three distinct bones, during all the early part of life, and are easily separated by maceration.

In the original cartilage, there is no cavity; this begins to appear with ossification: as ossification proceeds in the long bones, a cylinder is formed,

which in young subjects is filled with a reddish serous fluid, and in adults with marrow. The use of the marrow has not been determined : in herbivorous animals it is hard when cold, but always remains fluid in those which are carnivorous : it is contained in fine membranous cells. The branches of arteries ramify on these cells as well as the internal periosteum. In the centre of long bones the cavity is almost circular, the bone is very solid and its fibrous matter condensed ; but at the extremities the cavity is irregular and intersected with shoots of bone across it, forming a complicated net-work. The ends of bones are always of a more spongy texture than the shafts ; where, although the bone is smaller, the substance is so much more condensed, that an equal length of the two parts will be found of nearly equal weight. This spongy reticulated structure of the ends of bone, consists of what have been termed cancelli, these are lined with a delicate membrane, and this membrane covers every division of the lattice-work, forming each cell into a distinct cavity.

The bones are every where covered with a tough fibrous membrane, called periosteum : it adheres closely to the bone, communicates with it by innumerable vessels, and forms a medium of attachment for the soft parts, all the muscles being inserted into it, either directly or by tendons, and not into the bone itself.

Thus we find no essential difference of organization in bones, and in the softer parts of the body: in every bone there exists arteries for the deposition, and absorbents for the removal of the earthy and gelatinous matter, which constitute it; cellular substance for the connexion of its parts, and nerves to animate the whole. Bony fibres are formed and renovated, undergo change and removal in the same manner, and from the same causes as other parts. The extraordinary alterations of form in the bones of the cranium, is a fact too well established to admit of doubt. Models have been taken of the form of the cranium of the same individual at different ages, and the changes have been found to be very remarkable: nor is this alteration of form confined to the period of growth, for after that has long terminated, the form of the bones of the cranium will continue to change. How far this alteration depends on growth of brain we shall not here discuss, but however we may doubt many of the general conclusions of the phrenologists, we must acknowledge to them a debt of gratitude, for the establishment of this, and many other interesting facts.

The articulating extremities of the bones, are in every instance covered with a thin crust of cartilage, having its surface most exquisitely polished, by which all friction is avoided, the ends of the bones glide over each other with facility, and suffer less

from jars than they would do without the covering of this elastic substance.

Cartilage is a semi-pellucid substance, holding a middle rank in point of firmness, between bone and other parts of the frame. When cut, its texture appears homogeneous; there are no visible cells, cavities, or pores, but it resembles in section, a piece of glue. It is very elastic, and on this account, it enters into the formation of all parts, the functions of which require a combination of firmness, with pliancy and flexibility, the preservation of a certain external form, with the faculty of yielding to external force, or pressure.

Cartilage is covered by a membrane similar in texture and appearance to periosteum: nutrient vessels are supplied by its intervention. Absorbents cannot be demonstrated in cartilage, but their existence is proved by many phenomena, as the conversion of cartilage into bone, and the removal of this substance in diseased joints. All the bones, except the teeth, are formed in a nidus of cartilage.

The bones are tied together by strong unyielding cords and membranes, called ligaments: these keep the surfaces of joints in proper apposition, and restrict their motions to certain directions. The internal surface of the capsular ligaments is lined with a membrane, which secretes a fluid called synovia, calculated to promote facility of motion, and obviate friction.

There is a peculiar substance, partaking of the properties of both cartilage and ligament, placed between the bodies of the bones of the spine, which permits a sufficiency of motion of the vertebral column, without weakening the support it is destined to afford to the upper parts of the body in general, and to the head in particular. These fibro-cartilages give to the spine a high degree of elasticity, by which the concussion of any violent motion is weakened or destroyed, before it can be communicated to the head.

OF THE SKELETON.

The skeleton is the frame work, serving for the support and protection of the soft parts of animals. In man and in the higher classes of animals, it is symmetric, the two sides of the mesial line being exactly similar. The skeleton is divided into three parts; head, trunk, and extremities. The head consists of cranium and face. The trunk is divided into vertebral column, thorax, and pelvis. The spine is a column of bones called vertebræ, piled on each other, and united together by fibro-cartilages. It is divided into the regions of neck, back, loins, sacrum, and coccyx, which last, in quadrupeds, is prolonged into a tail.

The bones of the chest consist of a sternum and twenty-four ribs, twelve on each side. The sternum

placed in front of the chest, is a flat bone, which in youth consists of several pieces : the ribs are all articulated with the vertebræ of the back, form an irregular circle forwards, and, with the exception of two, are united to the sternum by cartilages.

The pelvis is formed by the iliac or haunch bones, the sacrum, and the coccyx.

The upper extremity consists of the clavicle and scapula, or shoulder-bones ; the humerus, or arm-bone ; the radius and ulna, or bones of the fore-arm ; the eight small bones of the carpus or wrist ; the five metacarpal bones ; and the phalanges of the fingers.

The bones of the lower extremity are analogous. The femur or thigh-bone, articulated with the pelvis ; the tibia and fibula, forming the leg ; the patella or knee-cap : the foot is formed by the seven bones of the tarsus, the five metatarsal bones, and the phalanges of the toes. The bones of the tarsus are the astragalus, to which the leg is articulated, the calcis or heel bone, the scaphoides or naviculare, the cuboides, and the three cuneiform, or wedge-like bones. We shall often have occasion to refer to these bones in speaking of club-foot.

There are no less than twenty-six bones in the human foot, and almost as many joints. Each articulation is covered with cartilage, the surface of which is smooth : there is a delicate membrane from bone to bone, secreting a lubricating fluid. Exter-

nal to this, we find strong ligaments, from point to point of the bones, binding them together, without preventing proper motion. We may imagine the spring and elasticity of twenty-six bones thus united.

In walking, the heel first touches the ground. If the bones of the leg had been perpendicular over that part of the foot which first touches the ground, we should come down with a sudden jolt, instead of which we descend in a semicircle, of which the point of the heel is the centre.

The number of parts which constitute the foot, prevent any violent shock to the frame, in the various kinds of action in which it may be used. In leaping, we endeavour to alight on the toes, in order to break the force of the fall, by dividing it among the numerous articulations of the tarsus and metatarsus. When the entire sole of the foot strikes the ground, in falls, it is not a very uncommon occurrence to have the neck of the thigh-bone fractured, in consequence of the succussion not being arrested by the small bones of the foot.

As the vertebral column is the seat of the principal deformities of the human frame, it will be proper to dwell on its structure with some minuteness.

The spine is composed of numerous bones, but from their compactness and continuity it is spoken of as a single bone, and acquires its common name from the ridge formed by projecting parts of each

vertebra. There are twenty-four of these small bones : they support the whole weight of the head, arms, and trunk ; by their combined motion, the turnings and bendings of the body are principally performed ; and in their centre is a canal, containing that elongation of the brain, which distributes, through the medium of the nerves, sensation and motion to most parts of the body.

There are seven vertebræ of the neck, twelve of the back, and five of the loins. The bodies of the lowest vertebræ are large and broad, they gradually decrease in size up to the neck, and the whole forms a lengthened pyramid. The lumbar vertebræ have large bodies and thick interstitial cartilages, their processes afford space for the attachment of very powerful muscles, they bear the whole weight, and perform the chief motions of the body. The vertebræ of the back have smaller interstitial cartilages, their spinous processes fall one over the other, their articulations are very limited, each rib is attached to the body of one, and the transverse process of the next dorsal vertebræ : so that Nature has here much restricted motion. The vertebræ of the neck, having less weight to support, have smaller bodies, and their articulations permit considerable motion. The first and second cervical vertebræ differ much from the rest, there is no fibro-cartilage between them, the second has a verticle process designed for the rotatory motions of the head, the articulation be-

tween the head and the atlas permitting only a hinge-like motion. Perhaps there is no instance more illustrative of design, than the structure of the two first vertebræ, their connexion with each other, and with the head.

The conjoined vertebræ form a large canal, through which the spinal marrow passes, giving off nerves as it proceeds, to all the lower parts of the body; these nerves pass out in pairs, through holes formed by the junction of two vertebræ.

The intervertebral substance, which is interposed between the vertebræ, may be compared to gum elastic; it readily yields to whichever side we may have occasion to turn, and in a moment recovers itself. During the day, it gradually sinks under the pressure of its burden, and we are said to be an inch shorter at night than when we rise in the morning. In old age we are shorter than in youth, and it is by the yielding and condensation of this substance, that the bent back of senility is produced. The bones of the spine are also kept together by many strong ligaments. The anterior vertebral ligament connects the fore part of the bodies, and extends from the neck to the upper part of the sacrum; it is narrow in the neck, broader in the back and loins. In this ligament there are three sets of fibres, the superficial, fixed superiorly to the body, or fibro-cartilage of one vertebra; and, inferiorly, to the

body or fibro-cartilage of the fourth or fifth beneath : the middle fibres extend from one vertebra or fibro-cartilage to the third beneath ; and the deeper ones extend from one vertebra to the next. The posterior vertebral ligament is within the medullary canal, at the back part of the bodies of the vertebræ, and is similarly distributed to the anterior. The articulating processes are connected by capsular ligaments. The plates of the vertebræ are united by the yellow ligaments, each inserted above, into the inner surface of the superior plate, and below, into the upper border of the inferior plate : these ligaments are formed of dense yellow fibres, elastic and resistant : they complete the vertebral canal posteriorly, by filling up the vacancies between the several bones. The spinous processes are connected by the inter-spinous ligaments ; these occupy, in the dorsal and lumbar regions, the intervals of the processes ; they are wanting in the neck : the supra-spinous ligaments extend from the summit of one spinous process to that of another, in the whole line, from the seventh cervical vertebra, to the middle crest of the sacrum.

The intervertebral substance being composed of concentric laminæ, dense and elastic towards the exterior, very much softer towards the centre, where it becomes a soft pulpy tissue, a kind of motion is permitted between each vertebra, similar to that which would be produced by a spherical body and

an exactly correspondent cavity: and there would be much greater latitude of motion, were it not controlled by the yellow, and other ligaments.

Such are some of the means, employed by Nature, in the construction of this most important part of the animal frame, for we have not yet mentioned the muscles, which contribute to the establishment of this beautiful chain of joints. Various difficult, and almost inconsistent offices, were to be executed by the vertebral column. It was required to be firm, yet flexible; firm, to support the erect position of the body; flexible, to permit the trunk to be bent in every degree of curvature. It was also requisite to have a cavity, to contain and defend an essential part of the nervous system, the spinal brain, a substance not only of the first necessity to sensation and motion, but of a nature so delicate and tender, and so impatient of injury, that the smallest unnatural pressure, or any considerable obstruction in its course, will produce paralysis or death. It was also to furnish a basis for the insertion of the important muscles spread over the trunk, and also to form a support for the ribs.

The breadth of the bases of the several bones, and the closeness of their junction, give the chain its firmness and stability; the number of parts, and frequency of joints, its flexibility. The flexibility varies in different parts of the column; is least in the back, where strength more than flexure, was

required; greater in the loins, and greatest of all in the neck, to allow the free motion of the head. In order to afford a passage for the spinal cord, each bone is perforated, and the perforation corresponds with others, so that an entire, close, uninterrupted canal is formed from one end to the other. The contrivance to prevent the bones shifting, and breaking the line of the canal, and also to prevent gaping between them, is very admirable. The vertebræ, by means of processes and projections, some of which articulate with those of the next bone, are so confined that their bases remain nearly unaltered, the whole pressure produced by flexion is thrown on the intervening cartilage, formed of a substance so springy and elastic, as to allow the requisite motion, without any chasm between the bones.

The number of vertebræ, and consequently of joints, so divides the chain, that the motion of each bone is trifling, although we bend our backs to almost any degree of inclination: had the joints been fewer, the spinal cord would have been endangered at every angle.

The oblique processes add much security against luxation: these so lock into and overlap each other, that the bodies of the vertebræ are secured from slipping, and no degree of violence short of that which will fracture the bones, can force them out of their places. The ligaments, connecting the roots of the spinous processes, are strong and highly

elastic, and contribute to restore the column after flexure. The general result of all this admirable construction is, that not only the motions required for the ordinary purposes of life are performed with safety, but that the gesticulations of posture-masters, and the most extraordinary contortions of the body, are exhibited to the admirers of such performances, without any frequent occurrence of accident.

OF THE MUSCLES.

The muscles are the active organs of motion attached to the skeleton; the tendons are cords, passing from muscles, to be fixed to the bones. The muscular fibres derive their contractile energy from the nerves; for if the branch of a nerve supplying a particular muscle or set of muscles be divided, those muscles lose their power of contractility and become paralysed. Each muscle is made up of fibrillæ, which are connected together by cellular membrane, to form fibres; these are collected into fasciculi, and a congregation of the latter constitutes a muscle. The fibres all contract at the same time, shorten the belly of the muscle, which is at the moment enlarged and hardened. In the contraction of a limb, the whole bulk is less, although the muscles swell: this is proved by the experiment of Glisson, of contracting the muscles of the arm, while in a

vessel of water, when the surface will be found to sink.

There is always an exact relation between a joint and the muscles which move it. Whatever motion the joint by its mechanical construction, is capable of performing, that motion, and that only, are the annexed muscles capable of producing. For example, if there be, as at the knee and elbow, a hinge-joint, the muscles and tendons are placed in directions parallel to the bones, so as to produce that kind of motion and no other. Whereas, at the shoulder and the hip, where the ball and socket-joint allows a rotatory motion, muscles are placed in such positions, and pull in such directions, as to effect that motion which the joint admits. In the head and fore-arm, there is a specific mechanism in the bones for rotatory motion ; and we accordingly find, in the oblique direction of the muscles belonging to them, a specific provision for putting this mechanism of the bones into action. The oblique muscles would have been inefficient, without that particular articulation, and that particular articulation, would have been useless without the appropriate disposition of the muscles.

It often happens that the action of muscles is required in situations, where their bulk would have been inconvenient. In such cases, the body of the muscle is placed at some distance, and communi-

cates with the point of action by a slender tendon. If the muscles which move the fingers had been placed in the palm, or on the back of the hand, those parts would have been of an awkward and clumsy thickness: their beauty would have been destroyed. They are therefore disposed on the arm, and act by long tendons passing under ligaments at the wrist, to the several joints of the fingers, which they move. In the same manner, the muscles which move the toes, and many of the joints of the foot, are gracefully disposed in the calf of the leg, instead of forming an unwieldy bulk in the foot itself.

Each set of muscles has generally an antagonist set, having an opposite action; as the flexors and extensors, adductors and abductors. The extensors are not weaker than the flexors, but these latter act under more favourable conditions than the former. The flexors increase in power as their action continues: they are in the most unfavourable condition for power at the beginning of their action; their fibres being parallel to the bone which is to be moved, in the course of action they gradually become oblique, and at last form the most favourable angle for action. The reverse is the case with the extensors; these being in the most favourable condition for power at the beginning of action. The preponderance of the flexors is greatest in the fœtus, and continues after birth: in mature age there is more equality of power, and again, in advanced life,

the flexors greatly preponderate. This accounts for the greater number of deformities in the sense of flexion: for one case of valgus, that variety of club-foot, in which the extensors of the leg draw the dorsum outwards and upwards, we meet with a hundred of varus, in which the foot is drawn inwards by the flexors.

The presence of arterial blood is essential to muscular contraction; the more healthy, the more highly aerified it is, the greater is the vigour of the muscles. Thus birds, having blood abundantly charged with oxygen, from their extended respiration, possess great muscular energy. Frigate birds have been seen on the ocean, at a distance of five hundred miles from any land or rock, and many remarkable facts, connected with the muscular power of birds, must be familiar to all. Insects have even greater muscular energy than birds, which may arise from the extension of their respiratory organs: it is well known that the bodies of insects are entirely permeated with the ramifications of their tracheæ, so that the air penetrates every part like the pores of a sponge. On the contrary, animals with respiratory organs of inferior developement, have much less powerful muscular contractility. The lungs of tortoises are mere vesicles: their blood is very imperfectly oxygenated, and the torpidity of the whole class of the animal kingdom, to which they belong, is implied by the name reptilia.

The temperaments have much influence on the vigour of muscular action. The phlegmatic and lymphatic among men and animals present muscles which are soft, flaccid and pale; their motions are slow, heavy, feeble, and they are incapable of any great exertions. On the contrary, persons of bilious and athletic constitutions, exhibit muscles greatly developed, hard, of a brown colour, quick and vigorous in motion. The sanguine temperament is remarkable for vivacity of motion and facility of excitation, but at the same time is very inconstant and variable. This is the general character of women and children, the sanguineous temperament predominating with them, while the bilious more especially applies to adult male animals. But the theory of the temperaments cannot be reduced to certain rules; the same individual at different periods of his life exhibiting the characteristics of each. The circumstances in which we are placed in society, so mingle our natural elements, that a perfect type of any one of the temperaments can hardly be found; however, in almost every individual, the characteristics of some one will predominate, and it is by careful observation, and nice discrimination of the various constitutions of men, that the enlightened practitioner is directed in his treatment of disease.

Irritability or contractility, are terms used by different physiologists, to denote that inherent property peculiar to the living muscular fibre, by which it

contracts at the bidding of the will, or on the application of a stimulus, either directly or through the medium of the nerves. The heart may be made to contract some time after death on the application of a stimulus; if a scalpel be thrust into the muscles of a recently amputated limb, it will contract violently. This irritability is more permanent in those animals, where, during life, it is less vivid, as in the cold blooded classes; the heart of the tortoise may be made to contract thirty or forty hours after death, while in the warm-blooded all contractility has fled at a much earlier period.

Irritability or contractility, is very distinct from elasticity, which the muscular possesses in common with other tissues, and also from that tendency which all organized parts have to continual contraction, when free from their natural connexions. Irritability is not continual; it is exhausted by action, and requires repose for its regeneration.

The most characteristic feature of the locomotive organs of man, is his erect posture; this position gives the most exalted situation to his noblest organ, the brain. The erect position of the human body, is the cause of the great size and rounded form by which the muscles of the buttock, thigh and leg, are distinguished from the corresponding muscles in other animals.

The breadth of the feet and the distance to which they may be separated, is sufficient for the centre

of gravity of the whole body to fall within the space occupied by them; these circumstances occur in no other animal among the mammalia, and therefore man alone, of this class, can long maintain the erect position. Those which approach nearest to him in this respect, as the plantigrade animals, have the greatest facility in assuming the erect attitude; every body has witnessed this in the bear.

In man the whole tarsus, metatarsus and toes, rest on the ground, while in quadrupeds, for example the horse, the os calcis is raised half way up the leg, and what in these animals is called the knee, is in fact the joints of the tarsus in the posterior, and the carpus in the anterior extremity.

The extensor muscles of the ankle-joint, forming the calf of the leg, in quadrupeds, and even in monkeys, bear no proportion to their superior magnitude in man, whose peculiar mode of progression required this developement. They not only raise the os calcis in the motions of the body, but when the foot is fixed in standing, they counteract that tendency which the weight of the body has, to bend the knee.

The gluteus maximus, which forms the great bulk of the buttock, is so small and insignificant in quadrupeds, that it can hardly be said to exist. This muscle extends the pelvis on the thigh in standing, and assisted by the other glutei, maintains that part in a state of equilibrium on the extremity which

rests on the ground, while the other is carried forwards in progression. The true action of the gluteus being not solely to move the thigh on the pelvis, but also to fix the pelvis on the thigh, and to maintain it in the erect position.

The breadth of the human pelvis affords a firm basis, on which all the upper parts of the body securely rest; by this means the legs are more widely separated than in other animals, which have the pelvis extremely narrow. The great muscles of the back being fixed to the pelvis, and attached above to the ribs and spinous processes of the vertebræ, keep the trunk erect. Those from the dorsal and cervical vertebræ to the back part of the head, keep this in equilibrium on the spine, and thus complete the erect position.

I shall conclude this general view of the muscular system, by a few remarks on some of the muscles of the spine.

The great muscles which move the back and loins, are the quadratus lumborum, the sacro lumbalis and longissimus dorsi. The quadratus lumborum, so named from its square form, passes from the inferior border of the last rib to the back part of the ileum, and is connected by aponeurotic slips to the transverse processes of the lumbar vertebræ. The longissimus dorsi extends from the transverse processes of all the dorsal, and all the lumbar vertebræ is attached to the seven or eight last ribs,

near their head, lies in the hollow of the back between the ribs and spine, and is lost in common with the sacro-lumbalis, in the strong tendon attached to the posterior part of the sacrum and lumbar vertebræ. This last muscle lies on the outside of the longissimus dorsi, and arises from the eleven inferior ribs, and transverse processes of the inferior cervical vertebræ. The quadratus lumborum helps to keep the trunk erect, when both muscles act together; when one only acts, the body is inclined towards one side. The longissimus dorsi and sacro-lumbalis also keep the body erect, and by their attachments to the ribs, must have some power in rotating the spine. These two muscles, with the cervicalis ascendens, have been considered as divisions of one muscle, and the whole has been properly called, erector spinæ.

The whole hollow between the spinous and transverse processes and the ribs, is filled up by small muscles and tendons. Muscular and tendinous fibres connect all the prominent points, so that an infinity of small muscles might be described, and anatomists have not been wanting in confusing the subject by a multitude of names.

The multifidus spinæ, is a comprehensive way of describing what many anatomists have divided into a number of distinct muscles: its fibres pass from the spinous processes to the oblique and transverse processes of succeeding vertebræ, commencing from

the atlas, and extending to the loins and sacrum. It moderates the lateral motion of the vertebral column, and contributes to maintain the erect position of the trunk.

The sacro lumbalis, longissimus dorsi and multifidus spinæ, not only support the spine, but draw the body somewhat backwards. These muscles are called into action, and greatly increased in power, in those persons who carry weights before them, suspended by the neck, as pedlars, &c. It has been proposed in some spinal curvatures, to take a hint from this circumstance, and various contrivances have been made use of with this view, of which we shall have occasion to speak.

Besides the muscles attached to the processes of the spine, and lying in the two channels between the vertebræ and the ribs, almost all the muscles connecting the trunk and the pelvis, the pelvis and the lower extremities, have considerable effect in assisting many of the motions of the vertebral column. The obliquus externus abdominis has great power in the rotation of the spine, which will readily be seen by considering its attachments to the ribs and pelvis, with the direction of its fibres. The latissimus dorsi, when the arms are fixed, balances the body, by redressing too much curvature of the lower part of the vertebral column. When a person is in danger of falling on one side, from unexpectedly stepping off the curb-stone, he instinctively throws

up the opposite arm, by which motion the latissimus dorsi draws the spine towards this same side, and prevents the fall. The action of this muscle preserves the equilibrium of the body in rope-dancers, by the aid of a pole.

Many of the speculations connected with muscular motion are exceedingly interesting, but it would occupy too much space to dwell longer on this subject; sufficient has been said, to show the great influence the muscles must have, not only in the production and maintenance of deformities, but also the necessity of taking them into consideration in applying our remedial means. A careful study of the various actions of muscles will prevent the useless application of machinery in many cases, and in others will enable us to make use of it to the most advantage.

CHAPTER I.

General Observations on Deformities.

In the preceding introduction, I have spoken of the connexion of bones, by means of ligaments and muscles, considering these last of almost as much importance as the former, in retaining the bones in their respective situations. The ligaments are so arranged, that they permit the motion of a joint in every direction, which the muscles are calculated to effect; and a due reciprocity of action between antagonist muscles, is necessary to maintain the bones in their natural positions. Therefore, when the flexors or extensors of a limb, or the principal of them, are deficient in length, in power or in vigour, their opponents, being uncontrolled, will induce distortion. The due action of muscles, and their consequent vigour, strengthens the ligamentous connexions of the bones, and even tends to harden the bone itself; in strong athletic individuals, the ligaments are of greater tenacity, and the bones of greater hardness, than in persons of a lax muscular fibre. In the amputation of limbs where disease has been long established, the bone is always softer and more easily

divided, than when the operation is performed in consequence of sudden accident.

Muscular power is throughout life very variable, and is subject to every influence that affects the general health of the constitution. An acute disease, fever, temporary derangement of the organs of nutrition, and various other causes, often diminish, and sometimes destroy, muscular irritability. In youth more especially, while the body is growing, these causes of muscular debility are most pernicious in their operation. It is probable, that in growth, the bones take precedence of the muscles, and that the latter are, in the first instance, simply elongated by the wider separation of their points of insertion: we know that in individuals who grow rapidly, the muscular system is very weak, and that some time elapses before the latter acquires its proper degree of vigour; while in those who are short in stature, and whose growth is comparatively slow, the development of the muscles, follows so quickly on that of the bones, that little or no difference in this respect is perceived. It is among persons whose growth has been rapid, in whom the muscles and ligaments have not recovered that density which had been diminished by extension, that we find the greater number of the subjects of distortion.

It is not uncommon to find growth considerable during, or immediately after, an acute attack of disease. Children who did not previously grow with

much rapidity, will during an attack of the exanthemata, or other disease, shoot up some inches, as if the morbid state had effected some alteration in the functions of nutrition, with respect to the osseous system. In such cases muscular debility is often extreme, and it is very common for parents to date a distortion of the spine to the period of such disorder. The correctness and solidity of the relations of the bones among themselves, are in such close dependance on muscular action, that these relations will be disturbed, if the muscles are diminished in energy.

The same causes which operate in the production of muscular debility, extend their influence to the ligaments. It has been before observed, that the connexions of bones, in most of the articulations, is not wholly confided to the strength of the ligaments, but in part to the tension, contraction and elasticity of the muscular apparatus. When these healthy conditions are destroyed, and the ligaments are alone left to maintain the integrity of the articulations, the superincumbent weight soon overcomes their power of resistance, and many deformities are thus produced.

Contractions from accident, or disease of skin and cellular tissue, are more formidable than muscular contractions. Nothing can surpass the force with which the cicatrix of a burn will contract the arm, or the foot ; and equally great is the power of con-

tracted cysts, after the healing of abscesses in the lungs, by which the vertebræ are drawn out of their line, and the ribs bent inwards.

Any alteration in the natural form of the skeleton, will induce a physical change in the state of the muscles. Muscles are disposed in such manner as to be submitted to a certain degree of tension: the forms determined by the bones being changed, these relations are also changed, and the extremities of the muscles are no longer fixed at proper distances. There are physiological conditions depending on these mechanical circumstances, that are perhaps of more importance than the difficulty of motion induced by these alterations. The normal degree of tension of the muscles is essential to their nutrition: this function is defective whenever their tension is augmented or diminished; whether the extremities of a muscle be brought nearer or separated to a greater distance than natural, if their active power is destroyed, the consequences are the same; debility from inaction, extenuation and degeneration. In cases of club-foot, the swelling of the calf is wanting, but no sooner is the deformity lessened, than this part begins to form by the enlargement of its muscles.

In bad cases of distorted spine, the muscles are in the same state as in the legs of club-feet, small, pale or yellow, in a languid state of nourishment, or degenerated into a kind of fatty substance.

Any deviation of the spine destroys the harmony between the dimensions of the bones and muscles: some of the latter are elongated and some shortened; their nutrition, and their power of contractility, will be both deranged, whether the extremities of the muscles have undergone an unnatural degree of separation, or the reverse. It follows, that if on the one hand, primary muscular weakness can, by abandoning parts of the skeleton to the sole density of the ligaments, lay the foundation for deformity; so, on the other hand, distortions produced by other causes, engender debility of muscles by destroying their equilibrium.

As muscular contractility becomes enfeebled, by disease or age, efforts will be made to place the body in those attitudes, and to move it in that manner, in which the least possible expenditure of muscular power shall be required. An old horse loses all the grace of his motions, and all the easiness of his paces: his legs become stiff, and he moves them as if they consisted of one piece: he stumbles easily, and his loins present a remarkable curvature: he avoids muscular exertion, and confides the weight of his body, as far as he can, to the sole resistance of the ligaments.

In early age the natural alternate curves of the spine are not formed. The infant when placed upright bends its body forwards, the weight of the trunk pressing entirely on the anterior part of the spine,

until the muscles of the back have acquired strength enough to maintain the erect position. There are few children of 10 or 12 who do not hold the body bent forwards, especially if their growth be rapid: the object is to save the muscles; but as the chest expands, and the muscles acquire more vigour, the spine is brought back to its proper form. We meet with the same appearances in some incipient spine cases, and experience of the unaided powers of nature, to restore the former temporary deviations, have too often caused the latter to be neglected in their early stages. Some persons, who during youth have been assailed by very long illness, attended with much muscular debility, and consequently curvature of the spine forwards, have preserved this form throughout life, being what is termed round-shouldered. These occasional curvatures of the spine from muscular debility, will generally be forwards. If the ligaments or muscles, be weaker on one side than the other, there will also be lateral curvature; and as the equilibrium of the trunk will now be menaced, an effort will be made to draw the spine in an opposite direction to the primary curvature. These things are common, of daily occurrence, and prove the fact of muscular debility, from the speedy restoration of the natural form, by means which strengthen the system; exercise, good diet, cold bathing, &c. Not that by these means the ligaments are directly diminished in length, but the muscles recover their power,

and by re-establishing the natural direction of the bones, they remove the causes of the stress on the ligaments, and these latter as a matter of course soon acquire a proper density.

The foregoing observations lead to the consideration of the effects produced on the skeleton by peculiar attitudes. In all persons who from accident or disease have one extremity shorter than the other, there is an inclination of the pelvis towards the side of the infirmity: the spine bends in the opposite direction in order to maintain the equilibrium, and a great succussion occurs at each step. However, in such cases it is very long before the deformity becomes permanent, for when the body is placed in a horizontal position, the lateral curve of the spine is effaced, and the shortness of the limb is alone apparent.

In congenital malformation of the hip-joint, where the pelvis is inclined forwards, and the lumbar region backwards, progression is effected by a series of falls from one lower extremity to the other; there may be a lameness on both sides, and although such a state of things shall have existed from the earliest infancy, no permanent deformity of the spine results. In the recumbent position the curve of the lumbar region is effaced, and when a certain degree of curvature is established by the entire development of growth, it remains in the same state for life.

No fact can be better established, than the effect

of peculiar attitudes on the form of persons engaged in different occupations. Who cannot tell a tailor by his gait? Shoemakers, clerks, &c. have their persons more or less affected by their peculiar attitudes, more especially when such sedentary occupations have been imposed, before the growth of the body is complete. Arists are also liable to lateral curvature of the spine from this cause. But when we consider the number of persons, whose occupation leads them to continued work in particular positions, the proportion of deformities among them, is far from being so great as might be expected; indeed the majority of deformed persons are of no occupation at all, which is perhaps one cause of their infirmity.

In the greater number of lateral curvatures, the right shoulder is more elevated than the left, and the inclination of the dorsal vertebræ is towards the right side; some writers on this subject suppose the cause to be in the more frequent employment of the right arm; this opinion has been disputed by others, who have not scrupled to place some cases of distortion to the account of attitude in clerks, artists, &c. which very peculiarity of attitude consists in the more constant use of the right side of the body.

Attitude must be allowed to have some influence in the production of deformities, but perhaps too much has been attributed to it; the fact appears to be, that it only operates in those individuals whose

fibrous textures are lax, or in those who have a strumous taint.

Some cases of deformity arise from congenital inequality of the two sides of the body. The muscles, and in some instances the bones, are less developed on one side of the body than on the other.

There is perhaps no notion more pernicious, than the supposition that children will outgrow deformities. That a deformity will often stop at a certain point, and as the body grows will be less apparent, is a well-known fact; but the instances of a natural cure are so few, that all such hope ought to be abandoned, and proper means of cure resorted to at as early a period as possible. Children with distorted limbs, are sent from their homes to the sea, in the hope that by increasing the vigour of their constitution the deformity may be removed; but disappointment too generally follows, and the malady, augmented during the time so devoted, must sooner or later be met by the only certain methods of cure—mechanical assistance, and means which give tone to the faulty muscles.

Generalisation is too often pushed to an extreme in medicine, as well as in other sciences. A few years back, whatever might be the real nature of the disease, it was the fashion to treat all distortions of the spine by repose; and few schools or private families were unfurnished with an inclined plane. This practice arose from the mistaken generalisa-

tion, that all spinal distortions were dependent on softness, or disease of the bones. Without a correct diagnosis, we can never apply our remedies on any thing like a scientific principle : it will be one of my first objects, in treating of the particular kinds of deformity, to endeavour to trace effects to their primary origin, and to lay down rules for the treatment, not merely of symptoms, but of the causes of symptoms.

No age is exempt from one or other kind of deformity. Many are congenital, as club-foot, malformation of the hip-joint, inequality of length of legs, &c. Some occur very early in life, in consequence of scrophula or rickets, others are most frequent from the ages of 8 or 10 to 16 or 18, as those which result from muscular debility, and chronic inflammation of the intervertebral cartilages; while those consequent on disease of the bones, and rheumatism, affect persons of all ages.

With regard to the period of life, to which a possibility of curing deformity extends, there will of course be great difference according to the cases. The earlier the stage in which curative means are applied, the better ; but it may be established as a general rule, that during the period of growth, most distortions, that are at all curable, may be entirely removed. So long is it before any marked effect is produced on the form of the bones, in many varieties of the club-feet, that these distortions may be bene-

fited at almost any period before growth ceases. The same observations apply to many varieties of distorted spine. To be able to give a fair prognostic, we must be very careful in distinguishing the true nature of the cause, and the degree to which it has operated on the limbs or spine. In inflammation of the fibro-cartilages, for example, if the disease has made such progress as to cause atrophy, or absorption of the cartilages, or if they are covered with ossifications, we can never hope to restore the form, which in the earlier stages of this variety, may with certainty be predicted. It is of much importance to ascertain whether the deformity is still making progress, because if we find that for the space of a year or two there has been no advance, but a complete and gradual cessation of the attendant symptoms, it will be a strong presumption that the time for a perfect cure has gone by. This opinion will be confirmed, if we find that extension produces no effect.

The application of extension and pressure to distortions are not modern inventions, but it is only lately that they have been revived in the cure of spinal deformities, and very recently indeed that any settled opinions have been formed on the subject. There is something so bold in applying extension to the spine, on account of the important parts contained within its canal, that the greatest circumspection in its employment is necessary. The

accidents which may be produced, demand that such means should never be employed, but with the greatest prudence, and after a most careful investigation has clearly distinguished the species of the malady.

As one very general cause for many varieties of deformity, I shall devote the next chapter to the consideration of that state of constitution known by the name of rickets. I shall then describe the principal deformities of the extremities, endeavour to point out all the varieties of spinal distortions, and conclude with an account of the principal mechanical means made use of in the cure of deformities.

CHAPTER II.

On Rickets.

In rickets the bones lose their tenacity and hardness, they bend under the weight of the body, and are also distorted by the action of muscles. The cause of this softening is a morbid condition of the nutrient vessels, from which results a deficiency of those earthy materials, which give to the bones their solidity and power of resistance. This disposition is often manifested at a very early period of infancy, and has been known to occur before birth. Pinel describes a rickety fœtus. The disease most commonly makes its appearance from birth to the age of three.

Some writers have thought that the softening of bones was a consequence of excess of acid, decomposing the phosphate of lime: others, that a sufficient quantity of this material was not provided: others have supposed it to be the result of a morbid disposition of the absorbents, to remove too much of the earthy matter; but the most probable opinion appears to be, that the arteries, from some cause,

are deficient of the power of secreting phosphate of lime from the blood, or that they do not deposit it in a sufficient quantity.

Portal describes no less than six varieties of rickets, the venereal, the scrophulous, the scorbutic, that which succeeds eruptive fevers, that which results from abdominal obstructions, and the rheumatic or gouty rickets. He describes cases of children, labouring under this disease, which he supposes to have been propagated by a nurse infected with syphilis. Mercury was his specific in such cases, which he states was always successful in eradicating the mischief, if employed sufficiently early: it is quite clear, from his observations, that the sirop mercuriel, acted by improving the intestinal secretions. He calls those cases scrophulous, which were accompanied which enlarged lymphatic glands, he describes the vertebræ as swoln and softened, the long bones softened and enlarged at the ends, but hard and white in their centre.* The vertebræ

* There is some difference of opinion among the authorities, with regard to the swelling of the ends of bones in rickets; the older authors universally assert, that they are so, and many continental writers still maintain the same opinion. Anatomists in this country agree that there is no enlargement of the bone, but that it is rendered soft and spongy. All the morbid specimens I have myself examined, show no enlargement of the ends of the bones, but rather the reverse, for the whole of the long bones are diminished in size. However, we seldom have an opportunity of examining such subjects in an early stage of the disease, when there

have been found reduced to a mere shell, the external appearance presenting but little difference from their natural state, while the interior was one vast cavern, divided by some irregular cells, the consistence of which were very soft. The scorbutic cases he describes, are but peculiar varieties of scrophula. The opinions of Portal are sometimes rather farfetched, for he mentions a variety of rickets, which he attributes to the operation of castration.

In children predisposed to rickets there is at an early age great deficiency of nutrition, the functions of the digestive apparatus are frequently deranged, while the appetite is often voracious: flatulence, irregularity of bowels, sometimes confined, often relaxed: tumid abdomen from enlarged mesenteric glands, retarded dentition, laxity of fibre, and general emaciation. With all these symptoms the countenance is often lively, the eyes bright, and the intellect precocious. This precocity of intellect is not to be altogether attributed to the circumstances in which the child is placed, but is a characteristic feature of the disease. The volume

is thickening, at least, on the surface of the bones; for the apparent swelling cannot alone be referred to the emaciation of the soft parts of the limb. In the skeleton of a child of 10 years of age perserved in the Museum of the London University, the bones of the cranium are remarkably thickened, in some parts nearly to the extent of an inch, and have the characteristic softness of rickety bones.

of the brain is proportionally larger than in other children, the bones of the cranium being soft, readily yield to the premature development of the cerebral mass. The head is so enlarged as to be mistaken for hydrocephalus; this arises, says Sir A. Cooper, from a softened state of the bones which, are incapable of supporting the action of the arteries of the brain: he recommends in such cases the compression of a bandage.

In the progress of the disease the skin becomes dry and scaly, the teeth are discoloured and decay early; the extremities of the bones appear swoln; the joints, especially those of the wrist and ankle, are larger than natural; there is great disinclination to move, from the incapacity of the bones to support the weight of the body: the mesenteric and other glands are sometimes enlarged and indurated; the internal functions greatly impaired; and if the disease is not arrested, the lungs become tuberculated, these suppurate, and a miserable state of existence is at length terminated.

Rickets is often considered to be a consequence of teething; the fact appears to be, that the same causes which engender rickets, retard dentition.

An increased degree of curvature in the clavicles and unnatural projection of the sternum forwards from softness and distortion of the ribs, are often the earliest indications of the existence of this disease. The upper extremities are always less de-

formed than the lower, the bones being bent from muscular action alone, and acquire a direction forwards, from the preponderating influence of the flexors, at this period of life. The femur has its concavity backwards, the weight of the body augmenting its natural curve; the neck of the femur, from being oblique, forms a right angle with the body of the bone. The tibia and fibula vary much in their direction, being sometimes bent forwards, sometimes in the same direction as the thigh-bones, at others laterally: these bones acquire increase of breadth, towards the curved side, losing a proportional degree of thickness in the opposite direction, and assume an unusually flattened form. The head, trunk and abdomen are preternaturally developed and too weighty for the lower limbs, or the latter have not advanced in growth after birth, as they do in healthy children, to become duly proportioned to the head and trunk. The fœtal disproportions between the trunk and limbs continue; this is witnessed in dwarfs, who have been ricketty in their youth. On the subject of distortions of the spine from rickets I have spoken in a subsequent part of this work.

Rickets is one variety of scrophula, and is in many instances hereditary, appearing in the earliest infancy in children characterised by a large head, large joints, a skin of the most delicate transparency, and that general expression of face, which a careful

observer will understand at a moment's glance. But scrophula is not always hereditary, it is often engendered in constitutions not predisposed to it, by the over-care, indulgence, and general mismanagement of children. Infants are almost universally over-fed; their cries, from whatever cause, are appeased by feeding, and not content with giving them their natural aliment, they are too often crammed with a variety of improper food.

The first source of the disorders of children, is improper diet on the part of the mother or the nurse. The stomach is the fabricator of disease, as well as of nutriment, and the early disorders of infants have their origin almost invariably in this organ. The foundations of scrophula are too often laid in the earliest infancy. Children born healthy, and who would have continued so under proper management, exhibit slight derangements, attributed to flatulence, acidity, &c. which are removed by medicine; an improper system of diet is continued, new and aggravated attacks occur, requiring more medical treatment, until a state of constitution is engendered, incapable of resisting the common complaints of childhood. Thus it is, that the bills of mortality are fed with so many victims at an early age, from one-fourth to one-fifth of the children born in this metropolis, dying before the age of two years. We accuse the changeability of our climate, but the cause of mischief more frequently depends on that debility of

constitution produced by mismanagement, which renders children incapable of resisting the influence of cold, and other external agents.

Some children outlive the worst nursing, and others who may have been nursed on more rational principles, have their constitutions ruined at a later stage by the false indulgence of parents, who allow them fermented liquors, under the mistaken notion of supporting their strength ; others again, are allowed to eat to excess the moment they can eat at all.

In this manner, frequent derangements of the stomach succeed each other, no means being taken to prevent their recurrence by a more judicious system of diet and regimen. The next stage in the progress of the malady, is that febrile condition, commonly called the "infantile remittent fever," the source of which will be sufficiently pointed out by the distended abdomen. Parents now become somewhat alarmed, and if the child recovers, remember the admonitions of their medical attendant for a few days, and check the propensities they have hitherto indulged. But such restraint is unfeeling and inhuman, and the innocent, ignorant child is again permitted to revel in the luxuries of sweets and cakes, perhaps wine and porter, and other things which the parents partake of, and which the imitative faculty of children, naturally leads them to imagine equally good for themselves.

Derangement of health in children, is too exclusively attributed to teething. A child may be late in cutting its teeth, perhaps suffers much pain in so doing, but this is perhaps more frequently a consequence than a cause of disordered health.

In the progress of disease the child loses its rest, is always crying; its belly becomes tumid from distension of stomach, enlargement of the mesenteric glands, and sometimes of the liver: the skin becomes loose and flabby: a constant attendant on these symptoms is the remittent fever above alluded to. The enormous abdomen and the extenuated limbs, remarkably distinguish this period of the complaint. Even this state of disease may be removed by judicious treatment, sea air, &c. and all might yet be well, if a long-continued perseverance, and strict attention to what the old physicians quaintly termed the non-naturals, diet, regimen, air and exercise, was adhered to. But no, the child is indulged further, until hydrocephalus, or some other disease, puts an end to the scene: or, the tragedy does not yet finish, the glands of the neck swell, the limbs bend, and the astonished parents discover that their child is a victim to scrophula, or rickets, when neither themselves, nor any relative on either side, ever had one symptom of such malady. This may readily be credited; the disease is not always hereditary, but the ultimate result of a long-continued course of general mismanagement.

The strength or infirmity of our constitutions depends upon the management of our earliest infancy: our happiness or misery, mental as well as corporeal, have their foundations laid, although unconsciously, by our nurses. The subject is of such importance, that I shall risk the charge of wandering, and of repeating an oft-told tale, to discuss the question of health, from the first moment of our appearance in the world. If my observations produce but one convert to a more rational system in the management of children, my labour will be recompensed.

It is too much the fashion to suppose that women when pregnant or nursing, require an increased quantity of nourishment, and they are persuaded or persuade themselves, to take things which are contrary to their usual habits. But Nature in this and in every other instance, where we can take a hint from her, is our best guide; let a woman obey the natural dictates of her appetite with regard to quantity, and in quality that which her experience has found best to agree with her. The more simple and plain her diet is the better for herself and her offspring.

No general and absolute rules for diet can be established; there are no two faces, nor are there any two stomachs exactly similar; neither can we, by any mode of reasoning, say what will agree and what disagree with any particular stomach. Precision as

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to quantity or quality is out of the question, individual experience is the only guide; a person of common sense ought to know better what is proper for his own stomach than any other person. But as people in general prefer that others should think for them, rather than be at the trouble of doing it for themselves, it has become necessary to lay down laws for the regulation of diet. The best and most useful rule is to eat and drink in moderation of those things which we know agree best with us, and this applies to mothers and nurses as well as the rest of human-kind; there is, generally speaking, no reason for any remarkable deviation from their ordinary mode of living. In general one meat meal is sufficient, but this, like every thing pertaining to regimen and diet, is best decided by experience: where the health is good, and there is no great tendency to corpulency, the mode of living may be esteemed proper.

For the first six or seven months after birth, or until the appearance of the first four teeth, the infant requires no other food than the milk of a healthy nurse. Nature dictates this to be the only requisite nutriment, and children who have no other, are the most healthy. The fashion of fattening them by additions to their proper diet is highly injurious: we often see children by such means rendered so fat, that at the period when they should be able to walk, it is necessary to keep them off their

legs: the weight of the body being so great, that the limbs, incapable of supporting it, show a tendency to bend. This is one cause of bandy legs, turned ancles, and bent knees.

In those instances where the supply of milk is really insufficient, it is an excellent plan to restrict the food to that, which can be sucked through leather over the mouth of a sucking-bottle: by this means the child has the exercise of sucking, which is as necessary a part of digestion as mastication is to an adult, and it cannot take that thick porridge, with which some nurses overpower an infant stomach.

To enter on the subject of clothing, air and exercise, would lead us too far away from our subject, but a few remarks may be pardoned. The skin should be more completely covered than it generally is, the neck and arms ought not to be exposed; there is such an intimate connexion between transpiration from the skin, with that from the lungs, such sympathies between the functions of the skin, and the internal secretions, that too much attention cannot be paid to this subject. In this country we neglect the skin too much: I believe it may safely be affirmed, that a large portion of the community never think of washing any part of the skin, beyond what is visible.

In mild weather, it is very serviceable to the youngest infants to breath the open air, but there

can be no good in exposing such tender plants to the piercing cold of winter. In such a climate as this, they should be treated as exotics, and defended from its rigours, until by strength and habit, they are capable of contending with its influence. As soon as by exercise they can increase the action of their circulating vessels, they cannot be too much in the air, in all seasons and in all weather, by which means they become inured to its vicissitudes. Even the open air of this metropolis is a source of robust health, evidence of which is exhibited by persons whose occupations oblige them to be much out of doors. There are no healthier people than coachmen, persons keeping stalls in markets, &c. who, in spite of dram-drinking, and other pernicious habits, are among the most robust part of the community.

Good nursing is of as much assistance to the health of an infant as proper food; tossing and shaking is to them what active exercise is to an adult. The choice of a nurse is of the greatest importance. A woman of a cheerful and kindly disposition will naturally pour out its exuberance, when she has an infant in her arms, and health, cheerfulness and activity, are imparted to the child. The great object of many nurses, is to keep their charges as much as possible in a state of sleep, which induces that torpor and listlessness we occasionally see in children, and which is a commencement of bad health. Too

much stress cannot be laid on these seemingly unimportant matters, for when we remember that man is an imitative animal, that all his early knowledge, his good and his bad habits, are acquired by imitation, it is of the utmost importance to be careful in our choice of those, from whom the earliest impressions are obtained. Much of our happiness depends on the first few months of our existence; if the management is good, the body will be healthy: and if kindliness of temper and cheerfulness of mind, exist in the nurse, they will be engendered in the child.

Overfeeding is the most frequent cause of derangedhealth in children; they will often eat twice as much as is necessary for them, if their nurse has not sense enough to prevent it: nor can we much wonder at this propensity, when we see adults as incapable of judging for themselves on this point, as children are. Few of us adopt the maxim, "that we ought rather eat to live, than live to eat." The great object of existence with half the world, is the pleasure of eating and drinking; and it is unquestionably a pleasure, which our beneficent Creator has ordained the gratification of, by a boundless supply of the productions of the earth. But experience teaches that there is a limit to this indulgence, beyond which we lay the foundation of numberless diseases. The promises of medicine tend perhaps to maintain this system of indulgence, its early effects

being readily removed; but let us not flatter ourselves that the very means used for their removal, leave behind no bad effects. Every disordered state of body, although removed by medicine, leaves the frame more susceptible of fresh disease; each succeeding attack becomes more serious, more powerful means are necessary for relief, until the disease becomes too formidable for any remedies. As children are incapable of judging for themselves on these points, those to whom they are entrusted must do so for them, and let them bear in mind, that simplicity and moderation are the best general rules for diet. A due attention to these points, will prevent the growth of that state of constitution, which engenders scrophula, and where there is an hereditary taint, will in all probability prevent its development.

Rachitis has been supposed to have first made its appearance in this country about two hundred years back, but there is abundant evidence of the existence of deformities among the ancients, similar to those which we now attribute to this cause.

This disease occurs principally in cold and moist countries: it is very abundant in our manufacturing districts, where the parents are often ill fed, clothed, and lodged, with constitutions ruined by indulgence in gin-drinking, and other vices: and the children are ricketty from their birth. There cannot be imagined human beings more sunk in vice and misery,

than may be witnessed in some of the more crowded spots of our boasted manufactures. Such depravity and such wretchedness cannot be surpassed among the wildest savages.

The early symptoms of the disease have been pointed out in the course of the preceding observations. The curvature of the spine from rickets, is commonly forwards, but in many instances, there is lateral deviation. As the curvature of the spine increases, the thorax loses its convexity, and becomes flattened at the sides, while the anterior part of the chest is narrowed and pushed outward, the long diameter, instead of being from side to side, becomes antero-posterior. The bones are every where flexible, and become variously distorted. The disease will sometimes continue advancing for years, until it has affected almost every function of the animal economy, and is at length terminated by death. In other cases, however, a stop is put to its progress, the health is entirely re-established, but the distortions produced during the disease are seldom altogether removed.

Various morbid appearances have been found after death. Most of the abdominal viscera are enlarged. In the lungs we find various kinds and degrees of disorganization. In the brain there is generally serous effusion on the pia mater and in the ventricles. The muscles are found pale or yellow, flaccid and emaciated. The bones are so soft, that they may

be readily cut with a knife. Though the earthy matter of the bones is deficient, this is not the sole change: the close or compact structure is said to disappear, but the fact is, that it has not yet been formed. The interior of the bones presents no distinct medullary cavity, nor cancellated structure, but has the loose cellular, or areolar arrangement, observed during the fœtal period. The interstitial cells are filled with a brownish jelly-like substance, which appears to be a secretion from the medullary arteries. The colour of the bone is some shade of red, which it derives from numerous, large vessels, loaded with dark-coloured blood, deficient of fibrin. The periosteum is generally thickened and occasionally detached. In short, the rachitic bone is the fœtal bone in its internal structure, but destitute of its proportion of calcareous matter.*

One of the most striking peculiarities of the rachitic condition of the osseous system, is, that although the bones present the characters enumerated above during the continuance of the disease, if this be checked, they afterwards acquire equal, and even greater firmness and density than sound bones. While this change is taking place, the distinction between the cancellated and compact structure begins to be established, as well as the formation of the medullary canal. When this process once com-

* Craigie's Pathological Anatomy.

mences, it proceeds much as in healthy bone. In one respect, however, its completion is peculiar: instead of the compact matter of bone, being equally distributed an each side of the medullary canal, as in sound bone, it is more abundant on the concave than on the convex side of the incurvated bone; as if Nature was aware of the part where firmness was most wanted, and intended to defend the skeleton against any increase of deformity, by depositing earthy matter in the best situation to resist the effects of pressure. This deposition may be so considerable in bones which are much bent, as to obliterate entirely the medullary canal. The restored rachitic bone is said to contain more earthy matter than healthy bone. In the disease called mollities ossium, the bones gradually lose their firmness, and become soft and flexible: it is a disease of adults. In this affection the absorbents would appear to be principally in fault, in rickets the secerning arteries do not deposit that proportion of phosphate of lime, which is necessary to establish the compact structure of the bones.

In curvatures of the spine from rickets, the bodies of the vertebræ will, in some cases, be crushed and rendered cuneiform by pressure, in others, the articulating processes give way, and very considerable lateral curvatures are produced, with little or no alteration in the form of the bodies of the vertebræ.

In this disease the urine has been found to con-

tain much phosphate of lime, and the bones, according to Dr. Bostock's statement in the Medico-Chirurgical Transactions, have not yielded more than one-sixth, or one eighth of this salt, while in their ordinary state, it bears more than the proportion of one-half to their whole weight.

The teeth generally remain hard, while the jaw in which they are fixed, has become quite soft. The late Mr. Wilson, however, mentions an instance where the bony parts of the teeth were softened.

Diagnosis. There is no disease which can be confounded with rickets, but it is important to distinguish curvatures of the spine, produced by this malady, from those originating in other causes. The application of mechanism, occasionally useful in some cases of spinal distortion, would obviously be improper where the bones are preternaturally soft; the pressure of instruments on the pelvis would tend farther to increase any deformity which might have already taken place in that part.

We should carefully examine the effects produced by the malady in other bones, besides those of the vertebral column. Not only do the bones of the extremities become soft and flexible, but those of the thorax and pelvis are more or less diseased. The pelvis, in this malady, seldom fails to partake the fate of the spine; but in deformed spine, from other causes, the bones of the pelvis are but rarely af-

fected. This is a most important distinction, and by properly attending to it, in obstetric practice, the alarms of many families may be entirely removed. As a general rule, it may be said, that deformities occurring after the first ten years of life, seldom implicate the form of the pelvis.

Treatment. Our primary object must be to restore the organs of nutrition to their healthy condition, the depraved action of these being the primary source of the malady; this can only be effected by much perseverance, not only in the administration of medicine, but in a system of diet and regimen. Purgatives of calomel and scammony, or calomel and rhubarb, should be given every two or three days. Mercury in alterative doses is of inestimable value in these cases: without it other purgatives are useless, for no great improvement in the general health can be expected, until the alvine evacuations become more natural in appearance. A nightly dose of equal parts of hydr. c. creta with rhubarb, often does wonders in the disordered bowels of children. Tonics, where we can get children to take them, may be of use, and chalybeates are of most essential service. The tinct. ferri mur. is a form which will be taken with least difficulty, but the carbonate I have thought more effective. The phosphate of iron is a variety which I have lately tried in many cases with great benefit.

Madder has been recommended in this disease from some vague notion of its affinity with the bones.

Lime water, as a common drink, is useful in this, and in all forms of scrophula. The volatile alkali, and the liquor potassæ, have been extolled by some writers; they probably act in the same manner as lime water, by destroying the acidifying tendency of the digestive functions.

The diet should be simple: children do not require the variety of food, which adults are accustomed to take: before the age of twelve months they should be confined to farinaceous food: soups and broths very often oppress their stomachs, but small quantities of tender animal food is preferable. I have ordered many weak children a small quantity of the fat of bacon, which is easily digested and very nutritious. Quantity as well as quality should be attended to: there is no error more common, than in cases of weakness to accumulate food: it is not what can be swallowed, but what can be digested that is of service.

Cold bathing, especially in the sea, is of eminent service, and should be continued throughout the year, except during the coldest weather; frictions afterwards with flannel or a soft brush, will further tend to strengthen the habit. In most cases a medicated liniment will be necessary to inspire confidence in the process of rubbing. Friction is a

variety of exercise, and should be steadily employed where common exercise cannot be had recourse to. Nor should we be satisfied with one rubbing daily, it should be several times repeated; and the benefit is increased, by combining that compression of the muscles, which constitutes what is termed shampooing. Friction to the tumid abdomen is also very beneficial.

Good nursing, and good air, are very important points in the amendment of the health. Portal and other writers recommend sprinkling an infant's face several times in the day with cold water; this, he says, induces the child to exert itself to no small advantage. We are also advised to apply cloths wetted with spirit and water to the arms, legs, and spine, every time the child is dressed or undressed, the parts to be afterwards rubbed dry with a flannel.

Unremitting perseverance in these or similar means, will put a stop to the disease, and where the bones are not very crooked, they will become straight even without the aid of instruments.

Some continental authors recommend in this and in other cases of debility, an exposure of the body to the rays of the sun: patients with deformed spine are placed on their belly, with the back exposed to the sun for some hours daily. In all cases it is advisable during fine weather to place the child's couch on a carriage, and give him the benefit of

breathing the purest air the circumstances of his situation will admit of.

During the whole time that the bones remain flexible, the patient should lie in the recumbent position, and daily extensions should be applied, to restore or to maintain the proper direction of their course. When sufficiently recovered to be able to support the weight of the body, the patient may sit up, and if the deformity be confined to the lower extremities, properly adapted instruments will assist their restoration, and enable the patient to take some degree of exercise. It is better in very young children to defer the use of mechanical means, until the bones of the trunk have acquired some firmness, and those of the limbs are hard enough not to be injured by the weight and pressure of the instruments. The recumbent position will not forbid the use of exercise; various amusing expedients for this purpose may be adopted if the child is capable of using its arms, and it will be very desirable that these exercises should be made use of in the open air.

We often meet with gross, heavy children, of lax fibre, flabby muscles, distended abdomen, with large joints, and spongy extremities of bones, especially of the wrists and ankles. This is an incipient state of rickets. The extension of the disease is generally prevented by occasional mercurial purgatives, and proper attention to food: but the bones of the

leg bend under the weight of the body, and the ligaments of the knee-joint are apt to be elongated, producing what is called knock-knees. These effects are, with few exceptions, entirely removed by the development of the muscular system; and before the age of five years all appearance of deformity will generally disappear, without any mechanical aid. I am quite certain that in many such cases instruments are positively mischievous, and in those cases where they have been used apparently with advantage, all that can be said in their favour, is, that they have not prevented the action of the restorative powers of Nature, and that modelling process which takes place during growth. The same observations apply to the apparent excurvation of the lower dorsal and lumbar vertebræ in weakly children, which will generally disappear by judicious management, as the child improves in health and strength.

CHAPTER III.

Deformities of the Upper Extremities.

Deformities of the upper extremities are infinitely more rare than those of the lower. We occasionally meet with contractions of the elbow, wrist, and finger joints, but very seldom with distortions of the bones, except in bad cases of rickets.

SECTION I.

OF CONTRACTIONS OF THE ELBOW.

Contraction of the elbow occurs as a consequence of disease in the joint, and of a morbid condition of the biceps muscle. In the first case we may often restore the use of the joint, but when complete anchylosis has been established, no means for removing the distortion can be prudently resorted to; the other case admits of cure. The primary cause of this latter contraction, is seated in the biceps muscle, the tendon which passes over the articulation of the elbow to be inserted into the tuberosity of the radius, is extraordinarily hard and rigid. The

fore-arm is bent on the arm at different angles, according to the degree of shortening in the muscle, or contraction of its tendon. When an attempt is made to extend the fore-arm, the tendon becomes more firm, and resists the motion. The brachialis internus will contribute to keep the arm in a state of flexion. The antagonist muscle, the triceps, will of course be in a state of inactivity. Contractions of this joint may also occur from paralysis of the extensor muscles. Inflammation of the fascia is sometimes a cause of contraction of the fore-arm. This I have seen produced by inflammation of the fascia consequent on bleeding; there was a band across the articulation which permitted but a very limited degree of extension.

The use of the upper extremity is much limited, and the consequent want of exercise still farther increases the evil, by causing atrophy of the muscles, as in all other cases, where they are not called into action.

Having determined that no active mischief is going on in the joint, and that there is no true anchylosis, we must have recourse to gradual and remitting extension, shampooing, friction, the local application of vapour: by uninterrupted perseverance in these means we shall always succeed in overcoming muscular contractions, if the mischief has not been of very long standing, and the ligaments have not had time to acquire a very unna-

tural degree of density and rigidity. If there is any motion in the joint, we may confidently prognosticate the ultimate restoration of its utility.

No better instrument can be used in these cases, than that of Mr. Amesbury, for stiff elbow-joint: the power of the screw will overcome any resistance, and when employed with prudence and sufficient perseverance, there are few cases in which it will not be beneficial.

Contractions of this joint from paralysis of the extensor muscles, burns, &c. must of course be treated on general principles: the same remarks apply to these as to others of the same nature, occurring in various joints, and will be found in the next section, and other parts of the work.

SECTION II.

OF CONTRACTIONS OF THE WRIST.

This, like club-foot, often depends on congenital malformation, or unnatural disproportion in the power of the flexor and extensor muscles. At birth the flexor muscles are always stronger than the extensors, probably from the position of the fœtus in utero, and some time elapses before a reciprocity of power is established between them. The majority of deformities occurring before or shortly after birth

are in the sense of flexion, and many of these cases are cured by the development of the extensor muscles, which takes place during the period of infancy. But it happens occasionally that this development does not take place, and then we have contractions of the joints from the overpowering influence of the flexor muscles. This I conceive is altogether a different case from paralysis of the extensor muscles which takes place some time after birth, and is consequent on that remarkable influence of disordered digestion, so common in children, on the brain and nervous system. There is for many years after birth considerable preponderance of power in the flexor over the extensor muscles, and that superior power will continue to operate even when both sets are impaired in action, by any constitutional cause: hence the frequency of contracted joints from disease, and the difficulty we find of maintaining a limb in the extended position, when it is desirable that anchylosis should take place in that direction. Contractions of the wrist and fingers are very common to painters and others who employ lead. In these cases there must be a certain degree of paralysis common to all the muscles, but yet there will remain a sufficient preponderance of the flexors to cause in some cases a very considerable amount of flexion.

In some cases, the flexion of the hand is accompanied with continued pronation, or supination. In

other cases, the hand does not form a direct line with the fore-arm, but is drawn towards one side, forming an angle: this sometimes results from the consolidation of the radius and ulna into one bone, or a total absence of the lower half of the radius. In consequence, the carpus has a more narrow base of attachment, the articulating surface is too small, so that the hand will be readily drawn to one side by the action of the muscles. These cases are congenital, and are generally accompanied with irregularity, or malformation among the carpal bones.

The hand and fingers are often contracted by burns, and present many varieties of form. The fingers will be sometimes consolidated, and the hand of a fin-like shape, similar to the anterior extremity of the seal. Sometimes the bones are united, but most frequently the connexion is membranous. In these latter cases the fingers must be separated, and motion perseveringly employed, to restore their use; while the wounds are healing, without great attention to this circumstance, but little benefit will be derived from the operation.

Although operations for the removal of the contractions of cicatrices after burns, are often unsuccessful, cases are frequently met with, which justify the attempt, because without it, the limb must remain useless for life. Mr. Earle, in a paper in the 7th volume of the Medico-Chirurgical Transactions, has related some cases of successful removal of con-

tractions among the fingers, and between the arm and fore-arm. His mode of treating such cases, consists in dissecting away every part of the contracted cicatrix, and gradually extending the limb by means of a splint, which must be continued not only during the healing the wound, but for some time afterwards. Mr. Earle's operation has also been successful in the hands of other surgeons, not only in contractions about the arms, but in those about the neck; and when, from neglect in keeping the limbs in a proper position, during the healing of burns and scalds, such contractions have taken place, the sooner the operation is resorted to, the better.

Cases occasionally present themselves of gradual contraction of all the fingers: this most commonly takes place in blacksmiths, and other mechanics, whose occupation consists in the constant handling of hard tools, or who have been in the habit of making much exertion with the palm of the hand. The palmar fascia in these cases is much condensed and contracted. Instances of this affection are also met with in persons in whom it could not have been produced by hard labour: in an instance which I met with lately, the ring-finger of the left hand gradually but slowly contracted, and was followed, in the course of a few years, by the middle and little fingers of the same hand: after some farther time the ring-finger of the other hand con-

tracted, and the others followed in the same course: the fore-fingers are beginning to share the same fate. Upwards of twenty years have elapsed from the commencement of the malady. There is much difficulty in removing these contractions. In the case above alluded to several of the most eminent surgeons of this metropolis were consulted, but they failed in suggesting any thing that was of the slightest service.

M. Dupuytren has lately performed an operation for the relief of this contracted state of the fingers: dissection gave him an opportunity of ascertaining that the disease was in the palmar fascia. The following extract from his lecture on the subject will explain his method of relief.

"A wine-merchant, in 1811, in assisting his workmen in removing casks, experienced slight pain in the palm of his hand, which disapppeared in a few days. The accident was almost forgotten, when he perceived a retraction of the ring-finger and an inability to move it with the other fingers. As no pain was experienced, he neglected this deformity, though it gradually increased every year. About the commencement of 1831, the ring and little fingers were flexed and laid on the palm of the hand; the second phalanx was bent on the first, and the extremity of the third was applied to the cubital side of the palmar surface. The little finger was permanently inclined to the palm of the hand; the skin of the latter was puckered.

"He consulted many medical men, and all considered the disease to be in the flexor tendons of the affected fingers, and that a section was the only remedy. Some advised the section of both at once, others thought the operation ought to be performed on each successively. M. Mailly was consulted, and agreed that the tendons were affected, but advised the patient to consult M. Dupuytren. This professor gave it as his opinion, that the deformity was not seated in the tendons, but in the palmar fascia only, and that certain bands existed which when divided by a section, would restore the fingers to their ordinary movements. The operation was performed, June 12th, in the presence of M. M. Mailly and Mare, in the following manner.

"The hand being firmly held, he commenced by making a tranverse incision, ten lines in length, opposite the metacarpo-phalangean articulation of the annular finger; the bistoury divided the skin, and the palmar aponeurosis, with a crackling noise, sensible to the ear. The incision being performed, the ring-finger straightened itself, and was as easily extended as in the natural state. Wishing to avoid the infliction of pain, M. Dupuytren prolonged the section of the aponeurosis by gliding the bistoury transversely and deeply under the skin on the cubital side of the hand, to accomplish the disengagement of the little finger, but this was in vain. He was obliged to dilate the incision of the aponeurosis, and made another transverse in-

cision opposite the articulation of the first and second phalanges of the little finger, and thus detached its extremity from the palm of the hand, but the rest of the finger remained permanently fixed towards this part. Another incision was therefore necessary opposite the corresponding metacarpo-phalangean articulation, which, when accomplished, was incomplete. Finally, a third incision was practised across, opposite the middle of the first phalanx, and then the little finger was extended with the greatest facility, and announced that this last division affected the aponeurotic digitation. Very little blood was lost by these incisions. Dry charpie was applied, and the ring and little fingers were extended, and then fixed by a machine placed over the back of the hand. On the 13th, the back of the hand was swollen by the pressure of the machine. The apparatus of M. Lacroix was now employed; the hand was still extended, and immersed in cold water and the extract of Saturn. Under the influence of frequent ablutions of this lotion the pain and tension diminished, and the condition of the patient became more supportable.

"On the 15th, the charpie was removed, and suppuration was commencing, but the swelling and pain continued. On the 16th there was but little swelling and suppuration was established. Cicatrization gradually advanced, and was finished July 2nd. The machine was worn until the 2nd of August,

when it was removed at night, and finally the fingers regained their natural condition.

"On Dec. 5th, 1831, M. Dupuytren performed a similar operation on a coachman, aged 40 years. The disease had existed for many years; the fingers were retracted, especially the annular one, so that when he came into the clinic he could not remove them more than an inch from the palm of the hand. The skin of the palm was wrinkled or puckered, and its concavity looked towards the fingers. Both hands were affected, and on attempting to extend the fingers there was a cord felt running from the finger to the palm.

"The patient being seated, M. D. extended the fingers as much as possible, and then made semicircular incisions, one at the base of the ring-finger, the other an inch and a quarter below: he then divided the two prolongations, digital and lateral, of the palmar aponeurosis, which restored this finger; the object of the incision in the palm of the hand was to make a second section of the digital prolongation, and to separate it by its base from the body of the palmar aponeurosis. These incisions having been made, the ring-finger regained its natural situation; and a very small quantity of blood was lost. As the man was feeble, the operation on the left hand was deferred to a future day.

"The same treatment was employed as in the case of the wine-merchant, and with success. Three

cases are not sufficient to establish a doctrine, but they are enough to direct the attention of surgeons to this point. All cases, says M. Dupuytren, are not alike, and therefore the incisions may not be equally successful, and may be depreciated and dishonoured by false applications, as in digital retractions, from rheumatism, gout and whitlow."

CHAPTER IV.

Deformities of the Lower Extremities.

SECTION I.

OF INEQUALITY IN THE LENGTH OF THE LOWER LIMBS.

CONGENITAL inequality in the form of the correspondent organs on the two sides of the body, as a cause of deformity, has not been much attended to. Among those children in whom deformities of the spine, or limbs, make their appearance at a very early age, some will exhibit well-marked differences in the development of the two sides of the body: that side which corresponds to the distortion, will present a diminutive size in all its parts, when compared with the other. The cranium will be less developed on this side: the frontal, parietal, and occipital bones will project less; the same inequality will be observed on the two sides of the face, and the bones and muscles throughout the frame will be smaller on the one side than on the other.

The consequence of the shortness of one leg, will be perceived as soon as the child walks, in an in-

clination of the pelvis, and curvature of the lumbar region while on foot, but which disappear in the recumbent position. A second curvature takes place in the dorsal region of the spine, to maintain the equilibrium of the body: every step the child takes, the vertebral column is thrown into a serpentine form, and the shoulder of the opposite side to the short limb will be elevated. These distortions are at first only apparent in standing, or in progression, in the sitting posture, the spinal deviations are obliterated; it is very long before they become fixed and permanent, and in some cases this does not happen at all.

A correct eye will in a moment perceive the unequal development of the two sides of the body. The different length of the lower limbs may be correctly estimated by measuring the difference of extent between the great trochanter and external ankle of the two sides; or by raising the head, so as to remove the curves of the spine, and bringing the pelvis perfectly horizontal, the difference may be precisely found, by placing something under the foot of the diminutive side.

Inequality in the length of the lower extremities, whether congenital or resulting from some disease in early life, which has disturbed the reciprocal development of the limbs, is not only a deformity in itself, but is mischievous by the consequent distortions that inevitably attend it. We should therefore

attempt to remedy it at an early period, before any serious deviations of other parts have been established. It is of course impossible to effect a change in the original vice of formation, but by the adoption of a high heel and sole of sufficient thickness, to supply the want of length of the defective limb, we shall prevent that succussion in walking, which induces early fatigue, prevents the child from taking sufficient exercise, and ultimately effects distortion of the spine.

Exercise is the best means of strengthening the muscles, but it will always be avoided as much as possible, when it is attended with difficulty and pain: it becomes comparatively easy, and may be employed with its usual good effects, by the simple means of artificially equalizing the length of the two members. We meet with prejudices against the adoption of this simple measure, which it is quite impossible to account for; it is difficult to imagine any ill effect that can result, while it is incontestible, that in numerous instances it has prevented, and even corrected, lateral deviations of the vertebral column.

Inequality in the length of the two lower extremities, sometimes occurs after birth, in consequence of paralysis, which is often dependent on a deranged state of the organs of nutrition. This wasting of one limb in infancy, has been ascribed to teething; it takes place sometimes at the period of weaning,

and may be attributed to the difficulty with which the digestive organs accommodate themselves to the change of food, more especially when the quantity and quality of such food, are not well adapted to the delicacy of a child's stomach. These cases of partial paralysis are removed by gentle aperient alteratives, cold bathing, friction, and exercise.

SECTION II.

DEFORMITIES FROM MALFORMATION OF THE HIP-JOINT.

There are various congenital malformations about the hip-joint, which have been described by Palleta, and more recently by M. Dupuytren; but the subject is still obscure from the very few opportunities of anatomical inspection which have been taken advantage of. Deformities, until very recently, have been so entirely left to the care of mere mechanics, that this branch of surgery has been but partially investigated.

In the cases which we are about to consider, their is a want of conformity between the head of the femur and the acetabulum: the former is forced upwards into the external iliac fossa, the latter is much altered in form, or nearly obliterated.

In these cases, the head of the femur has the form of a depressed sphere, of a vertical, horizontal, or oblique plate, or the head is totally absent, the neck forming a styloid process, more or less elongated: sometimes the cavity of the acetabulum is merely a superficial depression or groove: most frequently, the two parts are united by an intermediate ligament of different form and length, but in some cases they are entirely independent. The opposed articular surfaces bear no affinity, and permit an extraordinary degree of motion, the limb may be moved in directions inconsistent with the natural conditions of the joint: it may be greatly elongated by extension, on the cessation of which it will be retracted. In most instances, precisely the same appearances occur on both sides: in others, there are evident differences, although both may be deformed.

The superior extremity of the femur is of much smaller dimensions than it ought to be, and perhaps, as a law of formation, the necessary consequence is defect in the cotyloid cavity. On the one hand, the head of the thigh bone is not regular, nor even formed, but is replaced by a smooth plate, or a style, which contains but a small proportion of the osseous matter it ought to have: on the other hand, the acetabulum, not having been moulded by the round head of the femur, assumes the form of an irregular oval, of large vertical

diameter, or of an ill-shaped triangle, or of a simple furrow, surmounted or not by a horizontal plate. The consequence is a decided lameness, on one or both sides, and sometimes total incapacity of progressive motion.

The following account of this malformation is principally taken from a memoir in the second volume of the Repertoire Générale d'Anatomie, by M. Dupuytren, who has admirably described both the symptoms and the anatomy. An illustration of this kind of deformity will also be found in Cruveilheir's "Anatomie Pathologique."

The deformity is principally constituted by a transposition of the head of the femur, from the acetabulum into the external iliac fossa, similar to cases of dislocation of that bone, upwards and outwards. The limb is shortened, the great trochanter is unusually elevated and prominent, almost all the muscles of the superior part of the thigh are drawn upwards, towards the crest of the ileum, the tuberosity of the ischium is more than commonly exposed, and the limb is rotated inwards, throwing the heel out and the toes in. The obliquity of the thigh from above, downwards and inwards, is greater than ordinary, and increases as the child advances in age, and the pelvis becomes more developed : an acute angle is formed, at the upper and inner part of the thigh, where it joins the pelvis, the thighs have a tendency to cross each other, and there is

emaciation of the whole extremity, especially at its upper part.

This structure very much impedes the motions of the limb, more especially those of abduction and rotation, and engenders many difficulties in station, and locomotion. In individuals thus deformed, there is a striking disproportion between the upper parts of the body and the inferior extremities : the trunk is fully developed, while the lower limbs are short and thin, as if they had belonged to a person of smaller stature. The shortness, and leanness of these members are rendered more striking by the size of the pelvis, the development of which does not suffer from what occurs at its exterior.

With respect to attitude, the upper part of the trunk is carried very backward ; the lumbar region of the spine is unusually forward, producing a great hollow in this part of the back ; the pelvis is situated almost horizontally on the thigh-bones ; the point of the foot alone touches the ground : all these circumstances evidently result from the transposition of the ileo-femoral articulation, by which the centre of motion is carried to a point of the pelvis more backward than natural.

When a person having this conformation of the hip-joint, is disposed to walk, he rises on the points of his feet, inclines the upper part of the trunk towards the member, which is to support the weight of the body, elevates the opposite foot from the

ground, and painfully transports his weight from one side to the other. Every time that this effort occurs, the head of that femur which receives the weight of the body, is distinctly seen to rise in the external iliac fossa, the pelvis to sink, and all the signs of displacement to become more apparent on this side, while they sensibly diminish on the other, until this in its turn receives the weight of the body.

In the recumbent position, the deformity in great measure disappears, the weight of the body no longer bearing down the pelvis. In this position, we may by extension, lengthen the limbs from two to three inches, and this can be effected without inducing pain.

The diagnosis of this affection is very important, because it has been confounded with scrophulous disease of the hip-joint. M. Dupuytren states, that he has met with individuals having this malformation, who had been confined to the horizontal position for years, and had undergone repeated applications of leeches, blisters, cauteries, and even moxas, all of course without the slightest benefit. The absence of all pain or swelling, of abscess or cicatrix; the simultaneous existence of deformity on both sides; the appearance of this vicious formation from the earliest attempt at motion; the progressive development of the deformity as the weight of the upper part of the body increases; these are characteristics,

which should enable us to distinguish this affection, from one so different in its origin, nature, and treatment.

Attention is seldom directed to this deformity, until the period for walking arrives, when it is discovered that the infant cannot stand without difficulty: sometimes this is disregarded, the child is considered backward, and the mischief is not fully appreciated before the third or fourth year, when the imperfections in the form of the parts are too apparent to be any longer attributed to this circumstance. When the pelvis begins to enlarge, and the child is obliged to make greater and more fatiguing exertions, the defect becomes very remarkable. At this period, the balancing of the upper part of the body on the pelvis; the projection of the abdomen; the curvature of the trunk; the unsteadiness of the heads of the femurs, their alternate rising and falling in the external iliac fossa, begin to be manifest. But the cause and nature of the malady are still involved in obscurity: these symptoms have in several cases been attributed to a fall or other accident, or to a scrophulous affection, which, before or after birth, had removed the acetabulum or the head of the femur.

As the weight of the body increases, the effects of this congenital displacement of the head of the femur become aggravated; the great trochanters are observed to rise more and more upwards; the

bend of the loins forwards and the projection of the abdomen increase ; the balancing of the upper part of the body, and the lateral motion of the pelvis, become more remarkable. The constant action of the weight of the body causes such an elongation of the ligaments, that the trochanters and heads of the femurs, have been observed by Dupuytren to rise, in a few years, almost to a level with the crest of the ilia : so that as these persons, and more especially the females, advance in life, they become almost incapable of any exertion.

As this malady does not affect the continuance of life, but few opportunities of post-mortem examinations have occurred. In the dissections made by M. Dupuytren, he found that those muscles which were not impeded in their motions, had acquired an extraordinary development, while others were almost entirely degenerated, being reduced to a kind of tissue which had lost every vestige of muscular fibre. There was some attempt at the formation of a cavity in that part of the ilium to which the head of the femur had been removed, similar to the arrangements round the same part in unreduced dislocations : this new cavity was very superficial, with very little elevated margin, and was situated in the external iliac fossa, above and behind the acetabulum. In some instances the round ligament was preserved, but much elongated and flattened in its form; (Dupuytren ;) in others, this ligament

had acquired a conical shape, was very powerful, and filled by its base a deformed cotyloid cavity ; it embraced the whole of a simulated head of the femur where the neck was altogether wanting. (Palleta.)

Unhappily this malformation admits but of palliation ; the recumbent position should be indulged in as much as possible. Those individuals who are obliged to seek their subsistence, should be recommended an occupation which admits of the sitting posture, for they are never capable of long-continued standing or walking. Cold bathing is recommended, as giving tone and strength to the muscles, on which the power of the limbs will mainly depend. Dupuytren has invented a bandage from which some of his patients derived benefit: it is fixed on the pelvis, between the crest of the ilia and the trochanters : it should not be more than three or four inches wide, according to the age of the patient; it should be stuffed with cotton or horse-hair, and covered with soft leather: cavities should be formed for the reception of the trochanters ; straps and buckles fix it to the circumference of the pelvis, while others passing under, with holes to receive the tuberosities of the ischia, retain the bandage in a constant and proper position. By this means the trochanters are maintained at a regular height, their connexion with the pelvis is affirmed, and the vascillation of the false joint in some degree alleviated.

Dupuytren is of opinion, that these deformities owe their origin to luxation of the bones before birth: he says, that the fœtus maintains a position in the uterus, which is likely so to strain a point of the capsular ligament, or a point of the edge of the acetabulum, by the constant pressure of the head of the femur, as to render dislocation probable. But it is difficult to conceive an accident, which shall displace both thighs at the same time during the intra-uterine life. Others attribute these congenital deviations to some original defect of formation, (in the words of Geoffroy St. Hilaire,) to some accident, which has disconcerted the order of the embryonic evolution.

Cruveilheir, in his "Anatomie Pathologique" gives the figure and description of a fœtus, in which this and various other malformations were found. The co-existence of several connate defects, favours the opinion that such cases depend on some primordial disturbance in the evolution of the embryo. I have alluded more fully to this extraordinary fœtus in the chapter on Club-foot.

Other distortions, producing lameness of one or both sides, sometimes depend on the malposition of the acetabula, which may be situated forwarder or backwarder, more within or more without, than in the natural position of the part. These deviations are generally caused by rickets, and we meet with innumerable varieties of form in the cotyloid

cavities of ricketty pelves, preserved in every anatomical museum. All these deformities are accompanied with more or less deviation of the spinal column.

In these often obscure cases of lameness about the hip-joint, it is important to examine with great care the form of the pelvis and the dimensions of its parts, as well as those of the lower extremities, their mobility, &c. in order to obtain a correct notion of the origin of the mischief, which may depend on many different causes, among which some are to be remedied.

Lameness similar to that dependant on want of conformity between the articulating surfaces of the hip-joint, is sometimes produced by unnatural shortness of the psoas magnus and iliacus internus muscles: the effect of which is to hold the pelvis inclined forwards, to increase the natural curve of the lumbar vertebræ, to prevent complete extension of the lower extremities, and to cause that alternate balancing of the body, which is characteristic of deformities, about the ilio-femoral articulation. These cases are to be distinguished by the impossibility of extending the thighs beyond a certain point: by the elastic nature of the resistance opposing this motion: by the increased inclination forwards of the lower lumbar vertebræ, when the extension is augmented: and the renewed flexion of the thigh, when the bend of the lumbar region is diminished.

There are other cases of lameness about the hip-joint, dependant on defect in the relative length of the muscles of the posterior region of the thigh, inserted into the tuberosity of the ischium, proceeding from an unusual inclination of the pelvis forwards. In these cases, the extensors of the leg have more freedom, and the flexion of this part is not impeded: but in those described above the contrary occurs, and the patient prefers a sitting posture on very low seats, because he can then keep his lower limbs in that degree of relaxation which is agreeable. When the patient holds himself upright the condyles of the femur draw upwards the muscles of the calf, and the heel is raised from the ground: the increased undulations of the spine, from the too forward inclination of the pelvis; the alternate angles formed by the thighs and legs imperfectly extended, and by the foot, the flexion of which is not complete; the narrowness of the base of support, being reduced to the space comprehended by the metatarsus and toes: all these circumstances render the erect posture little secure, and progressive motion rapid, unsteady and limping. It is important to distinguish these complications, because they are susceptible of cure, while the malformation of the hip-joint, which commonly accompanies them, is not. (Delpech.)

Delpech states that he has met with cases, where the extensor muscles of the leg were too short, and

which are generally accompanied with a patella of diminutive size. These muscular defects are commonly complicated with those which produce club-foot, but in some instances they exist alone. The muscles of the anterior part of the thigh, inserted into the patella, are not fully developed, and the motions of the leg are consequently impeded.

Whether these defects exist alone or combined with club-foot, we must use means expressly adapted for their removal, and the principle on which these remedies should be applied is the same as in all other cases of shortened or contracted muscles; viz. continuous extension, which is alone capable of effecting a change in their dispositions. The measures to be adopted for this purpose must of course be varied, according to the muscle or set of muscles, which are defective: but the defect being known, and also the principle on which it is to be treated, there will be no difficulty in the application of extending power to each individual case. It is remarkable that as we succeed in elongating the shortened muscles, we also obtain an increase in their volume, a circumstance which is very apparent in the cure of distorted feet.

SECTION III.

OF DISTORTIONS AND CONTRACTIONS OF THE KNEE-JOINT.

The principal distortions of the knee occur in two directions: in one, the knee is thrown outwards and the foot inwards, and when this deviation takes place on both sides, the knees are unnaturally separated, the soles of the feet approximated, and the weight of the body falls on the outer edge of the foot; in the other case, the reverse of this occurs, the leg is thrown out, and the knees are brought close together, forming the distortion commonly known by the name of "in-knee."

This latter kind of deformity is of much more frequent occurrence than the former, and is generally complicated, with some degree of torsion of the bones of the leg, or of the ankle-joint. In these cases, the natural inclination of the leg outwards, from the axis of the thigh, is greatly exaggerated, a considerable angle is formed between the thigh and leg; the knees are sometimes so approximated, that when the patient is standing, he cannot place them side by side, but is obliged to carry one behind the other. Some degree of twist is usually added to this deformity, and we find the patella, instead of looking directly forwards,

having more or less of an outward aspect: the outward direction of the toes is thus increased.

This deviation of the leg greatly diminishes the solidity of station and motion: the limb being shortened, the body is inclined towards the defective side, and walking is effected by a series of falls: the leg is moved in a circular direction, which impedes progression, and renders it insecure. The relations of the bones being altered, those of the muscles are also, and the facility and power of their action is impeded,

These alterations of form necessarily produce others: the axis of the leg cannot be altered without influencing the position of the foot. The transmission of the weight of the superior parts, by the tibia to the tarsus, is not made, as it should be, in a perpendicular line on the astragalus, the keystone of the arch of the foot. The pressure is made obliquely, and falls, at least in part, on the os calcis, which is not so well disposed to bear it as the astragalus. The foot subjected to this defective action becomes flattened, in consequence of the elongation of the ligaments of its internal margin, where much of the weight falls which ought to be participated by the opposite side. In-knee is often connected with a rickety diathesis, and therefore we often find the tibia and fibula more or less arched and twisted.

The articulating surfaces of the femur, and tibia,

are more used on their external, than on their internal half; the internal lateral ligaments, and the cross ligaments of the joint, are exposed to unnatural strains. At each effort of walking, in bad cases, there is displacement of the bones, almost amounting to dislocation: the internal condyle of the femur appears as if it would escape from the articulation: the semilunar cartilage of this side is distended, enlarged, and thrust out of its place. When the mischief has been of long standing, and when the leg is bent much outwards, the articular ligaments become so much altered in their structure, that the deformity can never be entirely removed.

Rickets, or softness of the bones from other causes, give rise to this distortion, either by producing an incurvation of the body of the femur, or of the tibia near the articulation, or by inducing that condition of the bones, which permits them to be crushed by the superincumbent weight.

This deformity has been caused by the destruction of the external condyle of the femur. Cicatrices, with loss of substance of skin and subjacent tissue, from burns and other accidents, have produced this, as well as many other distortions. The unusual shortness of the extensor or flexor muscles of the leg, may be noticed as an occasional cause; in the first case the leg is drawn forwards, as well as outwards: in the second, it is retained in a bent position: in both, the patella deviates considerably outwards.

Muscular debility, connected as it always is with a relaxed condition of the ligaments, is a cause of distortions of the knee, as of many other parts. An example of this occasionally happens, when the cross ligaments being disposed to yield, their elongation is augmented by the extreme weakness of all the muscles: from whence, a remarkable inflexion of the leg forwards, and the formation of an angle, at the anterior region of the knee, results. In other examples from this cause, in consequence of the relaxation being principally seated in the lateral ligaments, the more common form of distortion takes place, and the leg is directed outwards.

This tendency of the leg outwards is a remarkable circumstance. In anchylosis after white-swelling, and other diseases of the joint, where the strength of the ligaments has been affected by the malady, the leg is first inclined outwards, and is then contracted in the sense of flexion.

The apparent projection of the internal condyle of the femur inwards, resulting from the inclination of the leg outwards, has been the source of controversy with regard to the reality, or the mere semblance of swelling, in the heads of the bones interested, in white-swelling: but the best authorities uniformly agree that in these cases there is no bony enlargement.

This deformity, if neglected, will continue to increase, until the ligaments acquire sufficient density

to bear the entire weight of the body, and to resist farther extension. The degree of deformity where the mischief stops in this manner, varies much in different cases, and we occasionally see the legs reduced almost to a horizontal direction. Where it occurs to this extent, the deformity is hideous, and impedes all motion: to stop its progress and to efface its effects is therefore of great importance.

The cases most difficult of cure, are those dependant on a rickety or other diseased condition of the bones. Nevertheless, if the original cause of the mischief has been arrested, if the health has been restored, the persevering use of mechanical means constantly acting on the distortion, and preventing its increase, by supporting the superincumbent weight, will often overcome very great deformity. We may almost invariably effect an alteration in the form of bent bones and distorted joints, by taking advantage of the favourable changes, which the development of the skeleton affords, during the period of growth.

In slight cases of in-knee, or bow legs, nothing more is required than a shoe with a sole of unequal thickness: in the first case, the internal margin of the sole should be the thickest, and in the other the reverse. If this simple means be attended to, the constant adduction and abduction of the foot, will in time influence the knee, and insensibly restore it to its natural position. Where the child is young, this treatment will generally be successful; and

its benefits will be greatly increased by the use of friction, and other means to strengthen the muscular system. Cases of in-knee occurring in children, otherwise healthy, shortly after they have learned to walk, that is, between the ages of twelve to eighteen months or two years, will very commonly be restored without artificial aid. The modelling powers of nature during the progress of growth, whether effected by the action of the muscles or by an inherent law of the system, will be found, in almost all cases at this age, sufficient to replace the limb in its natural position. Instruments in such cases are often pernicious, and when necessity obliges us to have recourse to them they will be equally beneficial when employed after the age of four or five years. In these cases I am in the habit of recommending cold-bathing, friction, and means to improve or to maintain the general health, and above all to keep the child as much as possible from standing or walking, to effect which there is no plan so efficient as keeping the child in the open air in a carriage; this is the only means of obtaining for the limb a sufficient degree of rest, as will be apparent to all who have watched the restlessness of young children. In numerous instances I have witnessed a perfect restoration of the limb before the age of four, but if at five years the deformity is not removed, we must have recourse to instrumental aid.

The machines used for the correction of these deformities are well known; they consist of steel splints with joints and springs. Great care should be taken that the joints correspond accurately with the articulations of the limb, and the bandage round the pelvis should be particularly attended to. In bad cases it is recommended that the joint of the instrument corresponding to the knee should be rendered inflexible in the early part of the treatment, to prevent the motion of the articulation, until the ligaments have contracted to their natural length. The irksomeness of the machine is always considerable at first, but even children soon become accustomed to the inconvenience, and return to their usual amusements without feeling any material incumbrance. After some time the instrument may be altered so as to allow motion to the knee-joint, and an ultimate and effectual cure will in the majority of instances result, if the treatment is endured with a fair degree of patience.

The employment of springs, on a similar principle to those described and figured in the last chapter, for club-foot, are equally applicable to deformities of the knee, and the elasticity of their action renders them more beneficial than the unyielding instruments in common use. It is, however, very difficult to induce a maker of instruments to deviate from his habitual system and to adopt, what he considers, useless innovations.

CONTRACTIONS OF THE KNEE.

Of all contractions, that of the knee-joint is one of the most frequent. In this affection the thigh and leg no longer maintain the same line, but present posteriorly an angle, more or less open. The extension of the leg is impeded, and progression is rendered impossible. It is hardly necessary to state that the bones do not originally participate in this contraction, although in long-continued cases they become fixed by a true anchylosis. The muscles and ligaments are first implicated in these affections. The biceps, semitendinosus, and semimembranosus, are principally concerned, their tendons being generally shortened, and so tense as to render extension impossible. This contraction is induced by various causes, among which may be mentioned long-continued flexion of the leg, in maladies of much duration ; prolonged progression on the toes, from wounds on the sole of the foot and other causes, which retain the knees continually bent. This contraction also results from cicatrices of burns, or other wounds. Where there exists a contraction of the thigh on the pelvis, we have more or less contraction at the knee.

In old cases, from whatever cause, the articulating surfaces undergo an insensible alteration, so

that when the impediment formed by the muscles is removed, the joint cannot be bent. This arises from bony deposition on the femur, tibia, and inside of patella.

It is sometimes difficult to distinguish true anchylosis from that state of rigidity of the joint, which admits of relief. This must be made out by an attentive investigation of the previous history of the case, whether it had originated in inflammation, whether any erosion of the cartilages had taken place, &c. Where the cause of impediment has its seat in the muscles, there will still remain some mobility in the joint: when true anchylosis has taken place the tibia can no longer be moved on the femur, and much pain will be produced by any forcible attempt at motion.

In all stiff joints from contraction of muscles or tendons, or from rigidity and condensation of the ligaments after disease, we may by perseverance almost invariably restore the action of the part.

Gradual extension, friction, the application of vapour, and mechanical aids, to allow of exercise, are the means to be employed. But before having recourse to them, we must be certain that all active mischief has ceased, and be very cautious that we do not reproduce it.

Among Mr. Amesbury's ingenious contrivances, is an apparatus for acting on a stiff knee-joint. It is a very efficient instrument, perfectly well adapted

to overcome the rigidity of muscles and ligaments, and with modifications, is equally applicable to all cases of contractions.

SECTION IV.

OF CURVATURE OF THE BONES OF THE LEG.

This is a very common case, is frequently seen in children soon after they begin to walk, and is in slight cases only an increase of that tendency to curve inwards, which is natural to the feet and legs of infants. It is often attributed to putting children on their legs too soon, and it is perhaps sometimes the mere mechanical effect of the weight of an unnaturally fattened child, acting on the extremities of the bones, which are always softer and more spongy than the shaft.

This distortion has been also attributed to teething, but it may in many instances be more justly considered as an early symptom of that state of constitution, which, if neglected, would terminate in rickets, and it is almost invariably attended with the characteristic feature of this malady—an apparent swelling of the ends of the long bones. The bones of the leg are sometimes bent directly forwards, the front of the tibia projecting over the foot,

but more generally they form an arch over the outer ankle.

Nothing is more common than to observe in children from the age of one to three a tendency to curvature in the bones of the legs, and weakness in the joints of the knee and ankle. There are few children in this and other large towns, who are not either backward in the period of walking, or who are not retarded in their progress after they have begun to walk. Most children thrive and do well in early infancy, but soon after they are weaned their health deteriorates, they lose their strength, and if they are allowed to stand much, their legs bend. It is a common opinion that this is the consequence of teething, and there is doubtless some truth in this, as well as in many other common opinions; but dentition is only one among many causes which act either separately or conjointly, and according to their single or united power so is the state of disease to which the child is reduced. We will endeavour to trace some of these causes, and give to each its due share in the effects produced.

This tendency to deformity begins from the age of one to two: how frequently we see a child about this age, in attempting to walk, waddling and throwing about its arms to retain its equilibrium, while its little legs are bending under the weight of the upper parts of the body—how anxious and alarmed, in consequence, have we seen mothers listening to

every hint, adopting a variety of means to strengthen, and too often resorting to such as, far from relieving, increase the mischief. It will calm such anxiety, to be made acquainted with the fact, that, if the treatment is at all rational, there is no danger of permanent deformity, that with proper management all will be well, and that, before the age of five, the limbs will be strong and straight; and this without the use of instruments, which in such cases are often pernicious, not only increasing the present evil but actually inducing deformity in the knee-joints or other parts. I could enumerate several instances where in-knee has been produced by instruments intended to cure curvature of the leg-bones.

If we observe children at this age, we shall find but few who can be said to walk really well; either the ankles or the knees are weak, the bones of the legs inclined to bend, or there is debility in the muscles of the loins, &c. I will venture to assert, that, five out of every ten children in this metropolis are more or less defective in these particulars, and yet how few adults, comparatively, are misshapen; some undoubtedly there are, and some who are very weak on their legs, but many of these owe their infirmity to improper means employed in their early age to remedy these defects; to bad instruments, improper food, &c., given with a view to strengthen the system, and that strange perseverance

in teaching and encouraging children to walk, when common sense points out that they should be kept off their legs. I think, that if this tendency to deformity became permanent, we should see more frequent examples of it in youth and adults; but the truth is, that these distortions are removed by Nature herself in the progress of growth, provided her laws are not much interfered with, and the functions of nutrition are kept in proper order. Bandy legs and bakers' knees, although not uncommon, are by no means so frequently seen in adults as one might he led to expect, from their common occurrence in children before the age of three; and if they were not permitted to stand or walk when symptoms of weakness in the limbs appear, such cases would be still less frequent. Among the more important causes of these distortions many be mentioned weaning, errors in diet and clothing, teaching children to bear on their legs too soon, teething, &c.

Weaning may be mentioned among the primary and predisposing causes of that debility of frame which induces weakness of the lower limbs, curvature of the leg-bones, &c. The tender stomachs of infants are with difficulty reconciled to the change of food consequent on weaning, and their powers of digestion mainly depend on the well-being of the functions of respiration. In this and other large towns, children are from necessity too

much confined within the house, and when they do breath the open air, it has not that purity which is perhaps of greater importance at this early age than at any other; the digestive system not being supported as it should be by the respiratory, the stomach of an infant which could digest the already animalized food received from its mother, is incapable of extracting nutriment from a mere crude aliment; the consequence is, that there are few children who do not suffer more or less from this change of diet. The most general rules that can be given with regard to the diet of infants are, that for the first five or six months after birth, they should have nothing more than the milk of a healthy nurse; that about this period they should have in addition some light farinaceous food, as arrow-root, baked flour, powdered biscuit, &c. The stomach is thus gradually prepared for the total separation of the child from its mother, which should always take place from the age of nine to twelve months. When the child has teeth it should have some of its food in a solid state, but as a general rule, until it has all its primary teeth, animal food should not be allowed; although there are exceptions to this rule, and especially in large towns, where the digestive organs are not strong enough to extract adequate nutriment but from animal food. Cases similar to the following are common enough. A child from the period of weaning until the age of two did not thrive, ac-

quired no muscularity, the limbs were soft and flabby, the excretions from the bowels deviated extremely from a proper appearance : its general diet had been farinaceous, broths and jellies had at times been resorted to, but always produced fever and intestinal irritation. Under these circumstances I advised the trial of small quantities of solid animal food; an evident improvement immediately took place, the child has since daily partaken of the same diet, and now, at the age of three, is a very healthy boy.

In all weakly children, or those to whom there is a tendency to any acquired or hereditary constitutional disorder, the most minute attention should be paid not only to the kind of food, but to the regularity of its meals. So far as health is concerned, the stomach is the most important organ of the body ; every disorder of early age begins with derangement of this organ, and these occur at the very earliest moment of its existence. Even before birth the health of the child may be injured ; if the mother's mode of living has been injudicious, the child will be born weakly ; the stomach, partaking of the general debility and being the first organ to be called into action, will show signs of derangement as soon as it takes in its supply of food. Hence the flatulence, screaming fits, &c. of infants ; and a pretty fair conclusion can be drawn of the future health of the child from the circumstances of its earliest infancy ; but it is rather to the period of

childhood than of infancy that I should direct my remarks.

Children are often taught to stand at an earlier age than they would attempt to do so, if left entirely to their own feelings; the consequence is, that, in heavy children and in those where the phosphate of lime has not rendered the bones sufficiently solid, the legs bend and the child becomes more or less bandy. When the bones do not bend to the weight, the ligaments connecting the thigh and leg give way, and the child becomes knock-kneed; or the ligaments of the ankle-joint are stretched and the foot becomes unnaturally flat, so that in some instances the inner ankle rests on the ground. I am acquainted with several children more or less affected with deformity of the legs, in whom I could attribute them to no other cause than that of being instructed to stand and walk too early; their health has been uniformly good, nutrition has apparently gone on as it should do, and yet about the age of twelve or eighteen months, their legs have begun to shew signs of weakness and deformity. They are generally heavy children, with no other fault in their state of health than that of being too fat, a circumstance which is far from desirable, although a certain degree of rotundity is natural to the age. But some children, from superabundant and fattening food, are allowed to become mere masses of fat, and such are frequently the subjects of distorted legs.

When there is this aptitude to fatten in children, so far from being taught to stand at an early age, every means should be adopted to retard them. It is a good rule to allow children to teach themselves to stand or walk; let them be placed on the floor, and use their own pleasure with regard to locomotion; as soon as they feel the capacity to do so, they will raise themselves on their feet, and the danger of future curvature in the bones of the legs will be less than if they are held up by the arms, and taught to stand at an earlier period.

The solidity of the bones and the firmness of their connecting ligaments, depend on the action and development of the muscular system. In animals of powerful muscular frame, the bones possess greater solidity than in those possessing less muscular power: the firmness of the bones bears a relative proportion to the exercise of the muscles. In men the bones are harder than in women; in porters, draymen, and others who require great muscular power, the bones acquire much greater solidity than in those mechanics and handicrafts who are confined in close manufactories, and whose work demands skill rather than labour.

The vigour of the mucles depends on the proper action of the organs of nutrition: these again depend on the function of respiration, and we are thus led, in considering the solidity of the bones, to speak of the air we breathe. The more pure the

atmosphere the more perfect will be the operation of the system of sanguification, and if proper exercise be at the same time employed, the greater will be the development of the muscular system, and the more perfect will be the growth and formation of the bones. It is needless to live in a pure atmosphere if it be only enjoyed at short intervals: a weakly child should be constantly in the open air, an hour or two daily is not sufficient, the whole of the intervals between its meals should be spent without doors, in all but the severest weather.

The functions of the skin sympathize greatly with those of respiration, and together with these have great influence on the due action of the organs which prepare the nutrient principle, for the support and growth of the body. In children more especially it is important that the secretions from the skin should be duly performed; ablutions night and morning should never be omitted, and in weakly children that of the morning should be immersion in cold water, at least during the warmer months. There is, perhaps, no one means more conducive to the strength of children than cold bathing; there is no one means more necessary to preserve a firmness of muscular tissue, and consequently a proper form to the bones, than cold bathing. Many cases of bandy legs and bent knees have been entirely removed by cold sea-bathing, and proper

attention in keeping the child from bearing on its legs. Although I am not directly treating on the management of children, yet the strength of the limbs is so dependent on that combination of circumstances which constitute the management of a child, that every thing appertaining to its health must be taken into consideration; it is therefore necessary to say a few words on the subject of clothing. In this variable climate where we have the temperature of summer and winter on the same day, we should protect the skin from such vicissitudes; every part but the hands and the face should be covered. Innumerable cases of enlarged glands and pulmonary complaints have their origin entirely in the absurd custom of exposing the arms and chests of children. Why is consumption more frequent in its ravages among girls, but from this custom of exposing the skin to the vicissitudes of cold and heat. The dress of children should reach up to their throats and down to their wrists. Health is of too much importance to be sacrificed to the vanity of exhibiting a beautiful neck, or a round pair of arms. The treatment in these cases is very simple; to attend to the general health, and to keep the child from too much standing or walking, until the bones have acquired solidity. If this be done, the deformity will in almost all cases be entirely removed by the developing powers of growth, and before the age of five the limbs will

be straight. After this age, and in very bad cases, the usual instruments must be employed; but with proper management they will rarely be required.

SECTION V.

OF CLUB-FOOT.

This deformity is congenital, but it has been in some rare instances the result of accident. I shall confine myself to a description of the former cases, because they most commonly demand our attention, and a modification of the same treatment is equally applicable in both instances.

There are three principal varieties of club-foot. Those persons, who were born with feet deformed, and turned inwards, were by the ancients termed Vari: those, on the contrary, whose feet were turned outwards, were termed Valgi:* these terms have been retained, and are used by modern writers to designate the same deformities. A third kind, where the toes are directed downwards, the foot being retained nearly in the same axis with the leg, has been termed pes equinus, in common language, pointed toe. Of these varieties the varus is the most common, for one case of valgus, we meet with

* This term was also applied to the bow-legged.

a hundred of varus. The pes equinus is generally complicated with some degree of the other varieties.

In long-standing cases of these deformities, the foot, instead of being a machine in which all the bones move under the influence of the muscles, becomes an irregular assemblage of parts, which enjoy but a very limited motion.

There was no good description of club-foot before that of Scarpa was published. Duverney and others attributed torsion of the feet to unequal contraction of the muscles, but Scarpa found that the position of the bones was imperfect from the earliest period. Some consider these deformities to be produced by the imagination of the mother: others think they are the effect of the false position of the legs of the fœtus in utero: while others again look for the cause in want of room in the uterus. Some French writers attribute this and other congenital deformities, to convulsions of the fœtus before birth. Breschet, who has studied the development of the embryo and fœtus, and has paid much attention to monstrosities, regards this vice of conformation as an imperfect development, or an arrest of the organic evolution, causing a primitive malposition of the feet. Probably there is some early disturbance of the embryo, which deranges the process of organization, and obliges it to take an unnatural position.

Cruveilheir, in his "Anotomie Pathologique," gives a plate of a deformed fœtus, in which the feet and hands are all distorted. He supposes these defects to have been produced by compression, which prevented the members from being developed in their natural direction. This pressure, he says, cannot depend on the action of the uterus from deficiency of the liquor amnii, for many children are born perfect where this was not abundant, and others are born with club-feet where there has been a deluge of water. Neither can it result from external pressure, or blows, for many women receive blows, and among those who from peculiar circumstances conceal their pregnancy by tight lacing, there is not a larger proportion of children with these malformations. Cruveilheir gives it as his opinion, that the causes of the compression is in the fœtus itself. In the remarkable instance which he describes, the legs instead of being bent upon the thighs, were extended and applied to the anterior part of the trunk, the feet being doubled under the chin, and bent inwards on the tibia to accommodate themselves to their position. The two feet differed in deformity, as the compression differed on the two sides. In this case however it must be observed, that there were several other malformations and defects. Both hands were distorted, the phalanges of the thumb, the corresponding metacarpal bone, the os trapezium, and a portion of the radius, were wanting on

the right side : there was also deformity of the pelvis, congenital dislocation of the hip-joint, and the rectum opened into the bladder. M. Cruveilheir deduces all these defects from pressure : compression of the pelvis, he supposes, caused the dislocation, and likewise the malformation of the rectum. But it appears more reasonable to refer all such defects to some original vice in the primitive formation, the result of which, in some instances, may have been increased by peculiarity of attitude in the uterus. The great variety of form in club-feet, renders this supposition probable ; we scarcely meet with any two cases exactly similar, which also accounts for the discrepancies of opinion, among those who have detailed dissections of such parts.

OF VARUS.

The characteristic feature of this variety is inversion of the foot. The point of the foot is turned inwards and upwards. The degree of deviation varies in every case ; where it is slight, the external part of the sole of the foot presses on the ground, while the internal margin of the plantar region affords no support. The deformity may stop at this point, but when no remedial means are employed, this is but the first step of a more considerable deviation, which may proceed to the total inversion

of the foot, when the internal margin looks upwards, forming an angle with the tibia. The internal ankle is almost entirely concealed, while the external projects and appears lower, and more backwards than usual. The heel is drawn upwards and inwards towards the great toe, so that it forms the posterior extremity of a curve formed by the internal border of the foot, and when the patient stands it does not touch the ground. The dorsum of the foot is very convex, the skin over this part being very tense: the sole is very concave and furrowed lengthwise. The external edge of the foot is rounded, and half circular: as the weight of the body rests on this part, the cellular tissue and skin which covers it become callous. The great toe is separated from the others and abducted. It follows from the foregoing description that the external margin of the foot is turned downwards, the internal upwards, the sole inwards, the dorsum outwards: the tendo achillis is directed obliquely from without inwards, and is constantly tense. The muscles of the leg and even those of the thigh, in some cases, are imperfectly developed, the calf of the leg is never formed until the deformity is alleviated: it invariably happens, that the muscles of the leg increase in size, in proportion as the foot is restored to its natural position.

When the deviation is slight and confined to one foot, progression will of course be less secure than

usual, but it is not seriously impeded. But when the malady affects both feet; when, as often happens, the knees also bend inwards, and the toes of one side touch those of the opposite, there is the greatest difficulty in walking, which can only be effected by alternately raising each foot, and carrying it above and before the other.

When the child raises one foot he is in danger of falling forwards or backwards, because the line of gravitation does not fall directly on the top of the tarsus of the foot which rests on the ground, but on the place where there is no posterior projection of the heel, or it falls on the outer part of the external ankle; the child totters still more, when there is also a deviation of the knee outwards or inwards, which is a very common complication.

The emaciation of the leg is clearly not to be altogether attributed to want of exercise, for we find in children who are incapable of taking exercise, that in proportion as the feet are brought into their proper direction, the legs acquire nourishment, size, and strength; showing that the nutrition of an organ is dependent on the reciprocity of connexion, and the natural harmony of all its parts.

The bones in this malformation are not, properly speaking, dislocated, but removed from their mutual contact, and twisted around their smaller axis. Writers on this subject have differed with regard to the particular tarsal bones, which are principally

implicated in the distortion; the fact is, that there is much difference in this respect. In some instances, the astragalus, in others the naviculare, are most displaced; but the four first bones, the calcis, the astralagus, the scaphoides, and the cuboides, are those which alone suffer displacement in the majority of cases; but they are never entirely removed from their respective cavities. The essence of the deformity consists in the twisting of these bones around their smaller axis, the consequence of which is, that the cuneiform, the metatarsal bones, and those of the phalanges, are drawn into the same direction, and the toes, instead of being horizontal, are placed in a vertical position.

The effect of this alteration among the bones, is that some of the muscles are shortened and some elongated: among the former are the tibiales, the flexor longus, the soleus and gastrocnemius, among the latter are the peronei muscles. The ligaments which unite the tarsal bones together, and to the tibia and fibula, are found in a state of unequal tension, some being extremely rigid while others are attenuated.

The following description of the anatomy of a case of varus, is from Cruveilheir's Anatomie Pathologique. The subject was a woman of 41, the foot was deformed from infancy, and her situation in life obliged her to walk much daily.

The thigh of the deformed side was of nearly

equal size with that of the sound limb, but the leg was emaciated. The subcutaneous adipose tissue of the foot was of considerable thickness. The skin was callous, the cutis being thickened, and the cuticle composed of several laminæ, on the projecting point of the os calcis, which bore on the ground. Between this tuberosity and the skin, was an irregular subcutaneous synovial capsule, which facilitated the gliding of the skin over this part. The skin of the sole of the foot was similar to any other not subjected to pressure.

The aponeurosis of the leg was much thinner than natural, and had lost part of that glistening appearance peculiar to it. The nerves supplying the muscles of leg and foot, were extremely small. The tibial arteries were not half their usual size, and no injection percolated the muscular branches. The veins were equally reduced in dimensions. Of the muscles of the leg, the gastrocnemius internus and the soleus preserved some fibres of the colour and texture peculiar to muscles, all the rest were degenerated into a yellow, fatty substance. The tendons were very small: the tendo achillis was not half so large as that of the healthy limb. The plantar aponeurosis was reduced in thickness, and had lost its nacreous appearance: showing that exercise is as essential an agent in the development of tendons, and aponeuroses, as in that of the muscles. The muscles of the sole of the foot had preserved

their natural appearance and volume, none had passed into the fatty state, except the accessorius to the flexor digitorum communis.

The articulating surface of the astragalus with the scaphoides, was singularly diminished in size, as well as most of the articulations among the tarsal bones. Part of the cartilage of the articulating surfaces of the tibia and the astragalus was destroyed.

The bones of the legs in these cases are generally straight in young subjects, and even in some adults: in others, however, they follow the inclination of the foot. The articulation of the knee is sometimes affected, and the leg deviates from its proper axis, outwards or inwards; but this curvature of the leg is consecutive to the distortion of the foot, and we can easily understand how this will happen in rickety subjects, who walk on the external edge of the foot.

The external ankle is thrown outwards, and is increased in volume. The internal ankle is short, as if sawed horizontally near its base: its lower extremity presents a surface, which sometimes articulates with the os calcis, and sometimes with the naviculare. The essential character of this distortion is the elbow or angle, which the first range of tarsal bones forms with the second: the first being on the same line with the leg, the second with the rest of the foot.

If we examine the phalanges of the toes, the

metatarsal, and even the three cuneiform bones, we find that they are only changed in direction, and not altered in form. The scaphoides, says Scarpa, of all the bones of the tarsus, is subjected to the greatest deviation : in the dissections of Cruveilheir this is not so apparent, and he considers the defects of this bone as consecutive. It is diminished in volume, in consequence of the compression to which it is subjected, and by the displacement of the astragalus ; the articulating surface of this bone, with the naviculare, being reduced to a half or a quarter of its usual extent. Similar remarks apply to the cuboides, the articulating surfaces of which are equally deranged.

The astragalus, according to Cruveilheir, suffers more than any of the other tarsal bones : in this bone there is not only a change of direction, but also of figure ; its deformity is exactly proportioned to the degree of club-foot. This bone is sometimes diminished in volume, and always deformed : its external articulating surface looks downwards, the internal is directed upwards. The articulating cartilage of its superior surface is partially destroyed in some, and wholly in other cases. The head of the astragalus is reduced to two-thirds or less, and a large part of it having abandoned the cavity of the scaphoides, is placed under the skin, forming a tumor more voluminous, as the displacement is more complete. In very bad cases, the weight of the

body falls on this head of the astralagus, which takes the place of the tuberosity of the os calcis, or the heel.

The os calcis follows the astragalus in its displacement, and only rests on the ground, by its external margin: its posterior extremity is deformed and diminished in volume, and brought nearer to the internal ankle than natural. The anterior surface of this bone is not in apposition with the corresponding surface of the cuboides, hence the projection formed by the anterior tuberosity of the calcis under the skin, on which the foot sometimes rests in walking instead of the posterior extremity. When this part suffers pressure, the skin over it becomes callous, and a bursa becomes organized between the latter and the bone: the same circumstance occurs when the astragalus bears on the ground, and sometimes a cartilage is formed in the part subjected to pressure. Thus Nature accommodates herself to the morbid condition of a part, by the application of the same laws, which govern her operations in a state of health.

Among the descriptions which we have of the osteology of this deformity, there are no two which agree. Such is the great variety of club-feet, that in no two cases are the same bones equally displaced. At birth, the bones of the tarsus are so unformed, that they may be moulded to any shape, and many of the peculiarities in the form and posi-

tion of the tarsal bones in these cases, depend on circumstances which have operated after birth.

Plate 2 represents the bones of the foot in a case of varus: we see that in this case, the chief cause of the alteration in the form of the foot consists in the removal of the scaphoides from its articulation with the astragalus. The cuboides is also turned on its smaller axis, and leaves exposed part of the anterior articulating surface of the calcaneum: there is a kind of fossa formed between these two bones. The astragalus very nearly retains its propor position with regard to the tibia and fibula, its head being denuded by the turning of the naviculare, causes a protuberance.

Fig. 2 is a back view of the same foot.

OF VALGUS.

In this variety the foot is turned outwards: bad cases are occasionally seen, where the dorsum of the foot is applied to the outer and anterior part of the leg. In these distortions the heel touches the ground first, and in some instances no other part of the foot; the astragalus being thrown behind the tibia, gives a lengthened appearance to the foot. I can find no anatomical description of the changes produced among the tarsal bones by this distortion. It is comparatively very rare, and as the only difference in the treatment between this and varus

consists in reversing the action of the springs, used in the restoration of the foot, it is unnecessary to dwell longer on this subject.

Splay-foot, or flat-foot, is an affection nearly allied to valgus ; it is in some cases a slight degree of this distortion. It is interesting in a military point of view, as it disables a man from serving as a soldier. All flat-footed persons are, more or less, incapable of long-continued fatigue in walking. This affection is generally congenital, but sometimes occurs after the age of ten : in such a case I have recommended a shoe with the inner side of the sole thicker than the other, and with an iron spring to support the arch of the foot. As this malformation is important chiefly in a medico-military view, I shall refer for more information on the subject to Mr. Marshall's work on the recruiting, &c. of soldiers.

Treatment of Varus. In early infancy the foot may be easily restored to its proper direction : the ligaments then preserve all their suppleness ; but as the child advances in age, the retracted ligaments become more rigid, the shortened muscles yield less to elongation, and the restoration of the foot cannot be completely effected : at a more advanced stage, anchylosis takes place among the tarsal bones, it is no longer possible to alter the direction of the foot, and all machinery is unavailing.

We cannot commence the treatment of this dis-

tortion too early; at birth very simple means only are required to restore the foot, and this may in many cases be effected, before the period arrives when the child should walk. Anchylosis is the only real obstacle to the cure of these distortions, and this does not take place completely before the period of growth has ceased; but the bones become accommodated to their new positions, and it is difficult to effect a change in their position after the age of ten or twelve. The atrophy of the muscles may render the treatment longer, but it is never an insuperable difficulty, for the muscles invariably begin to acquire strength, and to increase in form, as soon as the foot is restored to its natural direction. Neither is age always insurmountable, since cases have been benefited after the body had ceased to grow. Every thing depends on the integrity of the bones, and the flexibility of the joints.

Whatever machines may be employed in these cases, we should be guided by the principle of applying a power which shall gradually restore the foot to its natural direction without causing pain or other inconvenience, and without impeding progression during the period of the treatment. All the instruments used for this purpose, consist of one or more levers, to draw the foot in an opposite direction to that of the deviation. Some variations will be required in each individual case, to render the machine as little inconvenient as possible.

The objects proposed in the application of machinery, in these distortions, are, 1st, to effect a gradual turning of the bones of the tarsus, metatarsus and phalanges, in a contrary direction to that which the deformity has produced, and to restore the fore part of the foot to its proper and natural direction with the tibia; 2d, to substitute for the deficiency of the external ligaments, but more especially for the peronei muscles, an artificial force, capable not only of counterbalancing that of the tense internal ligaments, and shortened tibiales muscles, but of overpowering it, and of causing the external margin of the foot to remain, as it were, suspended on the ground; 3d, as soon as the equilibrium of the muscles of the leg is restored, to promote, by means of the combined action of the two classes of muscles, the flexion of the foot on the tibia, so that as soon as the great tension of the tendo achillis, and gastrocnemii is overcome, the posterior tuberosity of the os calcis may be depressed, and brought into its proper direction with the sole, that the foot may acquire the aptitude of performing the motions of flexion and extension.

The artificial force should at first be very moderate and be gradually increased, but must never prevent walking. A gradual force will effect an elongation of muscles and ligaments without danger, when sudden straining and violent compression, far from producing relaxation and elongation, will

have quite an opposite effect, and occasion retraction, rigidity, and spasm.

There are two stages in the cure of the disease, and there are two parts of the apparatus of Scarpa, respectively adapted to the two stages: the first, for turning the foot from within outwards, to bring it into a proper direction with the tibia; the second, for correcting the direction of the heel and retaining the tibia and fibula perpendicular to the astragalus. These objects are to be effected by a horizontal and a vertical spring, the actions of which will be understood by referring to the figure and description of the apparatus in the last chapter. The horizontal spring should at first be only moderately tense and gradually increased until the foot is quite straight.

Although I have particularly described the apparatus of Scarpa, I do not wish to be understood as recommending it in all cases; various modifications will be required to meet peculiar circumstances. In some forms of this distortion, simpler means, as that of Dr. Colles, will be efficient, but in more complicated cases we shall find a necessity for other powers. The principles on which instruments are employed being understood, it will be easy to adapt them to all the varieties we meet with; and, in fact, these cases vary so much, that no two cases can be cured by exactly the same machine. Whatever force may be required, it will be desirable to effect by

means of a spring, the elasticity of which yields in some degree to the motions of the limb.

Daily frictions and manipulations of the muscles should be employed, as they materially assist the action of machinery, in bringing the parts into a healthy condition.

During the treatment, we observe that the callosity of the skin, which was previously situated under the margin of the foot, is gradually removed to the dorsum: the external ankle, which almost touched the ground, by degrees assumes a more elevated position; the internal ankle which before was scarcely seen, gradually protrudes as the cure advances; the upper part of the foot loses its projecting part and becomes of its regular shape.

In the second stage of the treatment, a lever is required to bring the body and tuberosity of the os calcis more outwards than can be effected by the horizontal spring, and at the same time to retain the tibia and fibula perpendicular to the astragalus. This is effected by a verticle spring, which being fixed to the stirrup, or iron shoe, and bending outwards from the leg, will, when bound to the upper part of the tibia, bring the whole foot outwards, and place it in a proper direction with respect to the bones of the leg. This second stage of the treatment will require double the time of the first: the spring should be gradually increased in intensity, and the apparatus should never be displaced, day

or night, except during the process of friction.* The child should never complain of pain, if he does, we may be certain the instrument is in fault; the springs are either too powerful, or there is some improper pressure, which will require to be attended to. For about a year after the cessation of the treatment, boots should be worn, having the outer edge of the sole thicker and more raised than the inner margin.

In these cases, it is of the utmost importance to impress the minds of parents with the necessity of resorting to means of restoration at the earliest possible period. There is no case of club-foot, however bad, which may not be remedied, and but few which cannot be altogether cured, by proper means employed immediately after birth. The earlier the period when these malformations are treated, the more simple are the means necessary for their removal; and, by great perseverance, these deformities may often be cured before the period arrives when the child should walk. It is a disgrace to civilized society, in the present advanced state of science, to witness the cases of distorted feet, which present themselves in this town; for there are not ten cases in a hundred that might not have been during infancy entirely cured, and in the rest the deformity might have been considerably diminished.

* See figure and description in the last chapter.

I never pass a day without observing adults with various degrees of club-foot, from a slight inflection of one foot to those cases of great deformity where both feet are contracted and turned inwards; every one of which might have been removed, if properly treated in the early part of life. They may be alleviated at any time before the growth of the body has ceased; but, of course, the longer the treatment is delayed, the more difficult it becomes; after the age of ten or twelve a perfect cure rarely takes place; and the earlier means are adopted for relief the better.

It will be obvious that in valgus, where the foot is turned outwards, the instrument must be reversed.

In very young infants it was formerly the fashion to apply a bandage soaked in white of egg and flour, but this is a very inconvenient and coarse mode of treatment. In very slight cases, the judicious application of soap-plaster and a common splint will effect a cure. In other cases an instrument invented by Dr. Colles of Dublin, and figured in the first volume of Dublin Hospital Reports, should be applied. This kind of instrument will indeed remove the deformity in most instances, if properly persevered with, before the age of two years; after which time, Scarpa's apparatus, or other more powerful means, must be had recourse to.

A similar mode of treatment will be found appli-

cable to cases of contraction, resulting from abscesses and accidents. A deformity similar to varus has been produced by long-continued habit of walking on the outer margin of the foot, in consequence of the existence of sores on the inner border.

The following observations on club-foot are taken from a lecture lately given by M. Dupuytren.

"Congenital club-foot is either limited to one, or involves both members. In the former case, if the infant be examined very soon after birth, the deformed foot is found to be rather smaller than the other, but the legs are of equal length. When both feet are affected, they are in general equal in point of development. This kind of premature atrophy, the unknown cause of which is probably connected with that of the deformity itself, produces, as a consequence, a secondary wasting, which extends to the entire limb. In fact, the infant, from the day he begins to walk, constantly makes use of the sound limb resting the weight of the body almost always upon it. The nutrition bears proportion to the exercise, while the other limb, almost unemployed, wastes in consequence of its inactivity.

Now this atrophy takes place in two different ways, which have hitherto been confounded, but which ought to be distinguished. 1. The limb wastes in length. 2. It wastes in thickness. The wasting in breadth is but little manifested in the

skeleton, though much in the muscles, and hence the weakness and thinness of the limb. The atrophy as to length takes place both in the bones and in the muscles, and thence proceeds a shortening of the limb which no remedy can cure. The difference in length between the limbs increases in direct proportion to the age. Not perceptible at birth, it becomes obvious some years after, and at the age of ten it is found well marked, and still more so at twenty, if no means of prevention have been adopted.

The shortening of the muscles and tendons, less considerable in general, becomes nevertheless irremediable after a certain time. Thus at twenty years the tendo-achillis has so lost its due strength, that when the foot has been brought to its natural direction the heel continues to be pulled upwards, so as to oblige the individual to have a very thick sole to the heel of his shoe, in order to be able to rest at all upon the part. It is therefore desirable, to prevent as much as possible this shortening of the bones, because, when it once takes place, it is incurable. The treatment should therefore be commenced immediately after birth; by so doing the wasting of the limb may with certainty be prevented. The younger the infant is the more readily will the foot yield to pressure. In a new-born babe, the hand of the surgeon is sufficient to restore its natural form to the foot, and that without causing

any pain; a few months more, however, increases the difficulty, and when the patient has past his tenth year, machinery is required to accomplish the end in view; after twenty, even mechanical contrivances fail to be of service. This depends upon three principle circumstancese: 1. The suppleness of the ligaments and muscles, which continue to diminish as the age increases: 2. The increase of the deformity itself: 3. The imperfect conformation in which the bones are developed; which last is decidedly the most powerful cause. In conclusion, it may be stated, that the treatment of club-foot, if undertaken at birth, is easy and simple; it is both completely preventive and curative.

OF THE PES EQUINUS.

In this deformity the ankle-joint is stiff, the foot is fixed in a right line with the leg, and the patient walks on his toes. The heel is drawn upwards, the anterior part of the foot is carried backwards, so as to become almost perpendicular to the tibia. There is a great concavity in the sole, and much convexity on the dorsum of the foot. When the deformity has been of some duration, the anterior part of the foot on which the patient walks, and especially the great toe, become proportionally stronger and more voluminous than the posterior part. The leg

after some time partakes of the malady; for since the patient cannot so well make use of this as the sound foot, the muscles and bones are imperfectly nourished and their development is consequently impeded.

This deformity is not preceded by any alteration in the osseous system. The essential feature of the disease is a shortening of the muscles of the calf of the leg, and consequent tension of their common tendon, which is extremely rigid and hardened. Other muscles are implicated, as the plantaris, the tibialis posticus, peroneus longus, which, being shortened, concur in augmenting the malady. Any accident or other cause, that can effect a permanent contraction of these muscles, will produce this deformity, but it is generally congenital.

It seldom happens that more than one foot is affected. Progression is impeded to a great degree: for the articulation of the foot with the leg being destroyed, the patient is always obliged to place the deformed foot before the sound one. Walking on the toes is of course fatiguing and insecure, and it generally happens that the foot is inclined to one side, so that in the course of time this deformity is often complicated with one of the other varieties of club-foot.

By the continual retraction of the heel, the upper surface of the astragalus becomes so displaced forwards, that it no longer remains in contact with the

tibia, which bone in old cases rests almost entirely on the posterior part of the calcis. In the majority of cases there is no separation between the bones of the tarsus, or of the metatarsus, nor are these bones, displaced as in the other varieties of club-foot, but in very old cases they are longer in proportion on their superior surface, to what they are on the inferior.

In the fourth volume of the "Repertoire d'Anatomie," a case is described by M. Holtz, where the toes were so completely turned under, that the patient walked on the dorsum of the foot. The deformity existed on both sides, the legs were of equal size at all parts, the calves not formed. Walking was not painful, the patient moved easily without support. The knees were always somewhat bent, to maintain the centre of gravity. The tarsus bore on the ground, nearer to its external than its internal margin. He wore ordinary boots, but with the heels in front, and the points behind.

This man died in the hospital at Strasburg, and the following description is given of the dissection. The tarsal bones were all luxated, but not altered in form, there were great intervals between them on the upper surface of the foot. The os calcis was drawn upwards and directed outwards. The tibia reposed on the inferior surface of the astragalus, and the inner ankle was situated above the scaphoid bone. The insertions of the muscles were, of course,

altered by the derangements of the bones, but they were not so completely degenerated as in the dissection of Cruveilheir.

All these deformities depend on some incipient interruption in the process of organization, or on a change in the direction of the feet, during their evolution, at an early period of the fœtal life. There is always a tendency in the foot to turn inwards, which may be observed in children after birth; a great degree of this constitutes varus; hence this variety of club-foot is the most common. Any peculiar impediment may place the foot in an unnatural position, the bones as they grow become accommodated to their new situation, and the articulating surfaces are shaped accordingly.

Mr. Amesbury's apparatus for pointed toe, is applicable to most of these cases. I have also figured, at the end of the volume, an instrument used by a celebrated orthopediste of Paris, M. d'Ivernois.

CHAPTER V.

Of Pigeon, or Chicken Breast.

This deformity consists of lateral compression of the ribs causing an anterior projection of the sternum. The ribs are defective in solidity, and being incapable of resisting the lateral compression of the muscles, lose their arched form, and force forwards the sternum: this is probably increased by a want of due development of the organs of respiration. This deformity is sometimes complicated with posterior projection of the dorsal vertebræ. The sternum, with the cartilages of the ribs, which are fixed to it, form a narrow and elevated crest: sometimes the projection exists only at the upper, at others only at the lower part of this bone: sometimes the centre only is elevated. In the fourth volume of the Medical Gazette, Mr. Coulson has described a variety of this deformity, in which the sternum is depressed in the centre, and the corresponding ribs preternaturally bent.

While the ribs at the anterior part of the trunk, together with the sternum, form an irregular projection, in the rest of their extent they are too lit-

tle curved, and even sometimes approach rather the straight line, than the curve: sometimes they rise at one point into a hump, and are depressed at another: this also occurs to the sternum.

This deformity it most commonly congenital, but it is sometimes produced by pressure, blows, or other accidents, which operate on the sides of the chest, or on the sternum: this, however, never happens except in unsound, rickety children, whose bones and cartilages are soft, and ready to take any impression. In many instances, it may be considered as the first indication of rickets.

This malady is far from being uncommon, especially among the children of the poor. It is seen every day at hospitals, and dispensaries, in the children of persons of scrophulous, or rickety constitutions, or among those who live in the midst of damp, cold, and dirt, who are ill-fed and badly clothed. The sternum forms a keel-like prominence, often attended with projection of the spine, like the back of a dog; indeed the whole chest assumes the narrow form which characterizes that of quadrupeds. Persons thus deformed, often have enlarged lymphatic gland and tonsils, with tumid abdomen: they are always subject to pulmonic complaints, which generally terminate, sooner or later, in phthisis. We may conceive the misery of that state in which, with a bad cough, there is a contracted chest and enlarged tonsils; and when the

hooping-cough attacks such children, we have pre sented a spectacle of as much suffering as human nature can well sustain.

The chest is so compressed in some cases, that the two sides may be grasped with one hand. Although the thorax gains in depth what it loses in breadth, the new form does not suit the contained organs, for it is always accompanied with oppression and shortness of breathing, hurried circulation, and a condition of anxiety and anguish, on every attack of cold, or other derangement of health. In the infant so formed, there is great difficulty in sucking, and threatened suffocation, which renders it necessary that the child should quit the nipple every few instants, to breathe by the mouth. Going up stairs, speaking with vehemence, &c. affects these individuals, like those who labour under organic disease of the heart: indeed the disordered emotions of this organ, and the irregularity of the pulse, might induce a supposition that it was the seat of disease, if an attentive examination did not point out, that these symptoms were in relation with the motions of respiration, and the immediate effects of its obstruction. The child generally respires with its mouth open, and its sleep is frequently agitated, and interrupted by cries and starts.

Few infants born with this deformity get through the period of lactation, still fewer survive the third year, and of those who do escape the dangers of

childhood, the majority are emaciated, weak, and incapable of much bodily exertion ; all their life is, in fact, one prolonged disease.

Many malformations of the chest are consequent on disease of the lungs in early life, or of congenital defect in these organs. The chest envelopes its viscera as the cranium does the brain : there is the same correspondence between the cavity of the chest and its contents, as between the brain and scull ; where the brain is wanting we have no scull, and analogy would lead us to expect, what proves to be the fact, that where the lungs are not properly formed, the shape of the chest will be relatively distorted. Where any part of the lungs has been obliterated by disease, the corresponding part of the chest will contract : many instances of this are related by Laennec, Delpech and others. The mutual dependence of the lungs and chest is further proved, from the great benefit derived by persons on the verge of consumption, who have gone through those exercises by which the muscles of respiration are brought into action.

With regard to medical treatment : we must regulate the organs of nutrition by the persevering use of simple and sufficiently nutrient diet : hyd. c. creta and pulv. rhei. are equally useful in this malady, as in rickets : tonics are beneficial, and of these carbonate of iron is one of the best. But the most efficient remedy is exercise, and many very

bad cases have been greatly benefited by the judicious application of such exercises as tend to spread the chest and depress the sternum. Dumb bells are perhaps as good for this purpose as any of the more modern inventions: but as, in these cases, we have to do with children who soon tire of any one thing, we must amuse them, and keep up their attention by as much variety, and novelty of exercise as we can furnish. A mode of exercise applicable to these and many other cases, is to raise a weight attached to a cord passing over two pullies: the other extremity of the cord should be attached to the middle of a lever, which is to be held by both hands: the patient standing, and even raising himself on his toes, to reach the handle of the cord, seizes it with both hands, alternately drawing up the weight and letting it fall: in this manner, the muscles of the arms, chest, neck and back, are brought into action, and invigorated by exercise. A pole held by the hands, with the arms extended, and moved in various directions, is also a good kind of exercise.

To these means, must be added friction and pressure on the chest, before and behind, performed not once, but several times during the day, and for a quarter or half of an hour each time. Pressure on the prominent part of the thorax, applied so as to correspond with the motions of respiration, I am informed by my friend Mr. Coulson, has been ex-

extremely beneficial in many instances where he has recommended it. The great perseverance required in such cases, makes it difficult to find any person, except the mother, who will do a child justice : but a sufficient number of cases are recorded of the great benefit derived from the use of these means, when applied in early life, to afford ample encouragement to give them a fair and efficient trial.

In the intervals of friction and during sleep, an instrument should be worn, which will apply constant pressure on the projection : this is effected by the addition of springs and pads, similar to those of a common truss, passing from the back-plate of a shoulder-strap, or collar, and exerting counter-pressure on the seat of the malady.

CHAPTER VI.

Of Wry-Neck.

Under this denomination is understood that deformity, in which the neck is bent to either side, and a little forwards. In some instances, the head is carried sideways to such a degree, that the chin is brought into contact with one of the clavicles. The two sides of the neck are very unequal: on that towards which the head is drawn the muscles are contracted, and shortened, of great volume and very tense: on the other side, where the neck makes a kind of projection, the muscles are extenuated. Sometimes the two sides of the head are originally deficient in their development, or they become so, when the malady has been of any duration: the muscles of the face, on the side where the contraction occurs, are diminished in size, the zygomaticus major, buccinator, masseter and others, become less prominent and expressive than those of the other side: the countenance acquires a disagreeable aspect, and indicates the constrained position in which the head is fixed. Very considerable efforts are required to rotate the head, even

in a limited degree, and sometimes this motion cannot be at all effected: patients so circumstanced, are obliged to turn their whole body, instead of turning their head only, and the constraint thus constantly endured, tends to the increase of the contraction.

In some instances, the face looks towards the opposite side to that where the malady is seated: this will be easily understood, if we contract the left sterno-cleido-mastoideus, and although the neck is drawn to that side, the aspect of the face will be rather directed to the right.

The primary cause of this disease is most frequently seated in the muscles, especially the sterno-cleido-mastoideus; others may be in some degree implicated, but this is the principal seat of the contraction. The origin of this muscular contraction, has been attributed to many different circumstances: the habit of holding the head always on one side; being carried by nurses always on one arm, the child supporting its head on the nurse's shoulder; lying constantly on the same side in bed: these have been considered by different writers, as sufficient to shorten the muscles of one side, and to impair the power of their antagonists. But this inequality in the muscles is most commonly congenital, being slight at birth, and increased afterwards by any of the above-mentioned circumstances. This malady is also produced by wounds, or abscesses,

occurring in the vicinity of the sterno-cleido-mastoideus: the misplaced insertion of this muscle is said to be an occasional cause. Paralysis of one set of muscles is sometimes a cause of this affection. Burns or other accidents, causing contraction of the skin, and subjacent tissue, also produce this deformity. Malformation or disease of the bones may produce this distortion; the bones become implicated when the deformity has been of long duration, and anchylosis sometimes takes place among the cervical vertebræ.

Before applying our remedial means we should clearly ascertain whether the original cause of the disease was in the skin or muscles, whether the malady was congenital, or subsequent to birth, and whether any degree of anchylosis has yet taken place. In all cases the rotatory motion of the head is very limited, and effected with difficulty and pain, but when anchylosis has been established it is altogether impossible.

Where the deformity depends on short or contracted muscles, it may be cured on the principle of continued extension, which we have so often had occasion to mention. A machine which will gradually extend the defective muscles, and at the same time allow motion to the head, will be the only efficient method of treatment.

Any cause destroying the equilibrium between the sterno-cleido-mastoidei muscles will produce a

wry-neck, Thus, when one of them is affected with spasm, and acts more forcibly than the other, it draws the head towards the shoulder of its own side: but when one of these muscles is paralytic while the other retains only its natural power, the balance of action is equally destroyed, and the sound muscle inclines the head towards the nearest shoulder. Some cases depend on contraction of the platysma myoides muscle: Mr. Gooch describes one of this kind in a youth of fourteen. For several months his head had been drawn on one side by contraction of this muscle, which was extremely rigid, especially near its insertion at the basis of the jaw; the skin presented the appearance of the cicatrix of a burn, the same side of the face was shrunk, and the corner of the mouth was so drawn to one side and downward, when the patient turned his head, that much deformity was the consequence. The patient was subject to attacks of spasms, which began at the insertion of the muscle and terminated at the eye, attended with a great deal of pain. Every known means of relief having failed, Mr. Gooch determined to try what benefit would ensue from a division of the muscle. He first divided the integuments a little below the jaw, and thus exposed the whole breadth of the platysma myoides muscle, the fibres of which appeared to be in a violent state of extension when the patient's head was inclined towards the opposite side. Mr. G. then

divided the muscle completely across by a very careful dissection, until the fascia of the subjacent muscles was exposed. The patient being desired to turn his head towards the opposite side, Mr. G. had the satisfaction of observing that he could perform this motion without the face and corner of the mouth being affected as they used to be. During the healing of the wound, after inflammation had subsided, the patient was directed frequently to move his head about in order to prevent any kind of stiffness which might ensue from the contraction of the muscular fibres and the inelasticity of the cicatrix. The patient was perfectly relieved by the foregoing operation, and had no return of the painful spasms to which he had been previously subject.

When wry-neck is caused by contraction of the sterno-cleido-mastoideus, and other means having failed, a division of the muscle is determined on, it is in general quite sufficient to divide the clavicular portion. In females, where it is desirable to avoid a scar, M. Dupuytren has succeeded by making only a puncture, and passing the knife flatly against and close behind the sternal portion of the muscle, then, turning the edge of the instrument forwards, he divided the muscle. By some we are recommended to cut out a portion of the muscle, to prevent the possibility of its reunion.

When wry-neck depends on want of power of

one set of muscles, their strength may be increased by hanging a weight on that side of the head which is drawn towards the shoulder, apparently to the augmentation of the deformity, but the effect will be to increase the action of the muscles of the weaker side, which will gradually improve their strength. This will also be promoted by frictions and, according to some, by electricity and galvanism.

In contractions of the skin from cicatrices, although operations are generally unsuccessful, and have been abandoned by many surgeons, yet where the patient is willing to try the experiment, the mode of operating recommended by Mr. Earle, and described in Chapter III. may be resorted to. If the contraction is in a transverse direction, after the bands have been removed, we are advised to endeavour to make the wound contract longitudinally, by bringing the two sides as near together as possible, by means of adhesive plaister.

Whenever an attempt is made to cure a wry-neck by dividing any of the muscles, or merely the integuments, it becomes necessary to take some measures for keeping the head in a proper position during the treatment of the wound, to prevent the parts in the process of healing from again contracting into their former condition. M. Dupuytren kept the cut edges of the muscle asunder by depressing the clavicle and inclining the head to the opposite side.

The first object was fulfilled by binding the hand on the operated side firmly to the foot, the knee being bent: the last by means of a roller applied round the head and under the axilla of the opposite side.

CHAPTER VII.

General Observations on Spinal Distortions.

Few complaints have given rise to more discordant opinions, than distortions of the spine. By some the original cause has been ascribed, exclusively, to the muscles; by others to the ligaments, and cartilages: and from the time of Pott until very recently, caries of the bones was almost universally considered, as causing all the varieties of spinal deformity.

Before the time of Mr. Pott, these diseases were only considered with respect to their external characters; the distortions were mechanically treated without any regard to their causes. In the books of some old authors we meet with plates and descriptions of instruments for the cure of deformities, and we can readily imagine the injurious effects of their application in some instances, and their total inutility in others, from ignorance of the origin and true nature of the various kinds of deviation. In the present day we still meet with instances of the application of mechanism without due discrimination; and direct injury done, or valuable time lost, by

trusting to the promises of those, who do not look beyond the external symptoms, and profess to cure all deformities by external force.

Mr. Pott was the first who called in the aid of anatomy and physiology to the elucidation of spinal diseases, and we are indebted to him for leading the way in a rational investigation of this class of maladies. Many of his opinions have been modified by subsequent inquiry, but in that variety of disease to which his observations are especially directed, his descriptions are as valuable as ever. For many years after the death of Pott, surgeons appear to have remained satisfied with his Essay, the disease was called by his name both here and on the Continent: "Maladie de Pott" is still its designation in France. When a surgeon was applied to in any case of spinal distortion, issues were made on each side of the most prominent vertebræ, of course in many instances to no purpose; and mechanics often got into credit for curing deformities, which had derived no benefit from the advice of the most celebrated surgeons.

The beginning of the present century will probably be, in future ages, considered as an æra in the natural sciences. A new impulse has been given, more correct methods of investigation have been adopted, and these have been followed by general conclusions more useful and satisfactory, than in any preceding age of the world. It would hardly be

exaggeration to say, that the natural sciences have made more progress during the last thirty years, than was effected by the labours and investigations of philosophers, during all the preceding ages of the world. This applies perhaps more truly to medicine than any other branch, and the greater number of the maladies of which I am about to speak, were absolutely unknown, at least their real nature was not understood, before the commencement of the present century. Indeed it is only within the last ten years that the subject has been satisfactorily investigated, and the works of Sir C. Bell and the late Mr. Shaw have been the means of calling forth more correct inquiries into the nature of spinal diseases, not only in this country but on the Continent. To Mr. Shaw we are indebted for the best work on lateral curvature, and for directing our attention to muscular inactivity and consequent debility, from which this variety of distortion most commonly originates.

Delpech, in France, has carried pathological investigations farther than any other writer; his account of curvatures from chronic inflammation, or what he terms a peculiar affection of the fibro-cartilages, and from a tuberculated condition of the vertebræ, being derived from extensive opportunities of post-mortem inquiries, are particularly valuable.

By fair analogy we may expect to find in the joints of the spine, the same diseases which attack

analogous structures in the other articulations of the body, and any man of unbiassed judgment will readily see that the primary cause of distortions is sometimes seated in the muscles, sometimes in the ligaments or cartilages, and sometimes in the bones. As the mode of treatment is essentially different in these varieties, it is imperative on us to discover the original cause of the mischief: for as it is wiser, and more effectual, to attack the causes rather than the effects of disease, so the trouble of the investigation will amply repay us. At one time it was the fashion to place all persons with deformed spines in the recumbent position, so to remain for one or more years. Now it is obvious that if the cause of the deformity lies in a deficiency of muscular power, total inactivity will not be very likely to remedy the disease, and it was therefore no uncommon occurrence to see persons after going through this ordeal, becoming at the end of the course of treatment worse than at the beginning; for such a state of disease, the simple remedy is muscular exercise, variously modified. The exercises of gymnastics in cases of inflammation of the fibro-cartilages, or caries of the bones, would clearly increase the cause of the distortion; in these instances, repose in the recumbent position is the essential feature of the management.

The earliest source of deformities of the spine is rickets; cases from this cause mostly occur in the

first ten years of life. The next general cause is muscular debility, and produces its effect on girls of rapid growth from the age of ten or twelve to fifteen or sixteen. The affection of the fibro-cartilages attacks children of a lymphatic or scrophulous tendency during the period of growth : while curvatures from disease of bone occur at all ages, but seldom later than forty.

Among the occasional causes of deformity may be mentioned, contractions within the chest. The cavity of the chest, like the cavity of the cranium, is entirely filled with its viscera, the parieties are moulded upon their contents and the proper development of the thorax depends on the proper development of the lungs and heart. If any portion of the lungs is deficient, there will be a corresponding defect in he containing cavity. Cases of deformity occur rom contractions within the chest, after abscess and destruction of portions of lung. Seurat, the man exposed to the gaze of the curious in this town, under the name of "the living skeleton," was an example of this kind. In the work of Delpech will be found a detailed account of this man's case, and many others of a similar kind ; Laennec has also described numerous instances of the same nature.

The contraction of the cavities of abcesses in the lungs, draws inward the corresponding ribs, and bends the spine laterally or anteriorly. The tissue

generated by suppurative inflammation, which forms the cyst of the abscess, contracts and produces these results. If an abcess forms in the upper part of the lung, the cyst will be attached by adhesive inflammation to the three or four upper ribs, and also to the spine: after evacuation of the pus, the fibrous matter forming the cyst will contract and bring together the ribs and the vertebræ. This fibrous matter sometimes ossifies, and the deformity becomes fixed and apparent. Recoveries from phthisis and empyema, in this climate at least are so rare, that we are not likely to have our attention frequently directed to these results.

Some cases of deformity arise from congenital inequality of the two sides of the body. The muscles, and in some instances the bones, are less developed on one side of the mesial line, than on the other. The most important of these cases is where one lower extremity is shorter than the other: an account of this will be found in its proper place. The undue development of the bones or muscles of one side of the vertebral column, must be so rare a cause of distortion, that we may safely pass it by without further comment.

Rheumatism is a very common cause of curvature of the spine. In these cases the vertebral column is implicated, and a great arc is formed, the concavity of which is always forwards. The fibrous apparatus on the anterior part of the bodies of the vertebræ

is extremely liable to rheumatism: we may also expect from analogy, that the fibro-cartilages are sometimes the seat of this disease, and the contraction of these parts will necessarily incurvate the spine forwards.

In subjects predisposed to rheumatism, the slightest twist of the spine will often produce a return of the disease: the writer of this, experienced an attack of lumbago and sciatica, which lasted for months, by suddenly jumping out of bed and giving the back a jar. In such constitutions a slight deformity of the spine, which has been considered as permanent, will sometimes make a sudden and enormous progress.

In distortions from rheumatism, the curvature of the spine forwards is in some measure the effect of indulgence in the most easy position. Few cases of curvature can be referred exclusively to any one cause; there is generally one or more secondary causes which operate in conjunction with the primary. So, in rheumatic curvatures there is generally defective action in the extensor muscles of the back: this operates by allowing an anterior flexion of the vertebral column, on the same principal that it does in the bent back of infancy and of old age.

The difficulty of correctly judging of any malady is greater, as the organization of the part affected is more complicated and its functions more varied. The head alone excepted, there is no part, the func-

tions of which deserve more attentive study, than those of the spine and its contents. The vertebral column is destined to carry the head, to support the ribs and thorax, as well as the upper extremities; it forms the only solid portion of the abdominal cavity, and through the medium of the pelvic bones, it serves as a point d'appui for the lower limbs. In its canal is contained that important organ with which all the nerves of sensation and motion, below the head, communicate. Whether it supplies them with their materiel of power, or merely receives their intelligence and conveys it to the brain, we shall not here inquire; certain it is, that when any portion of it is injured or compressed, all the parts below are paralysed. A smaller degree of derangement, whether from irritation, inflammation, or any other cause, will produce a proportionate effect on all the parts which are supplied with nerves from that portion of the spinal brain which is affected. Many of the obscure, anomalous and what are termed nervous cases, which so perplex us in practice, have unquestionably their origin within the spinal canal, and in such cases it will be wise to refer to that portion of the back, where the nerves of the disordered part terminate. A more intimate aquaintance with neuralgic diseases will probably establish the seat of many of them to be in the spinal marrow.

There are three varieties of spinal distortion:

1, lateral curvature: 2, curvature forwards, or angular projection, which are degrees of the same inflexion: and 3, curvature backwards. Some confusion has arisen from the use of the same terms, in different senses: the term excurvation, or curvature outwards, has been applied to the common variety of hump-back, where the upper part of the spine is unquestionably bent forwards. I shall make use of no other terms than curvature forwards, and curvature backwards: by the first will be understood all cases where the upper part of the spine is bent anteriorly, by which the sternum is brought nearer to the pelvis than natural: by the latter term will be meant the reverse of this, which, indeed, is so rare a case, that it will require but little consideration.

In lateral curvatures the whole spine is more or less distorted: in whatever part the vertebræ may first incline to either side, there will be, above or below, one or more curves in opposite directions, to maintain the equilibrium: and in some instances, the head will be so correctly placed over the centre of gravity, that the body will appear at first sight to be only shortened, and not distorted. Sometimes the whole of the dorsal vertebræ are included in one great sweep. This variety is generally dependant on muscular debility, and like all distortions from this cause, is temporary in its incipient stage, disappearing in the recumbent position, and

by gentle extension; nor do such cases become truly permanent, until, from very long continuance, the bones or fibro-cartilages are rendered cuneiform by pressure. Curvature forwards is most commonly dependant on disease of the cartilages, or the bones: that degree of it which has been denominated angular projection, is almost invariably permanent, and depends on progressive or ulcerative absorption, of the fibro-cartilages or of the bones.

The spine cannot be deformed in the dorsal region, without implicating the situation and relations of the sternum and the ribs: the rotation or contortion, which is generally more or less combined with curvature, will also secondarily alter the form of the ribs and sternum. The mode of the posterior articulation of the ribs hardly permits them to escape in any degree of dorsal curvature, unless the ligaments become greatly relaxed: to a certain extent this may occur, but at a later period of inflexion of the dorsal vertebræ, the ribs corresponding to the concavity of the curve, will be necessarily brought nearer together, while those of the convex side will be separated, and on the degree of resistance offered by the ligaments and cartilages, will depend the amount of distortion of the chest. The varieties of this are innumerable, as may be seen in any anatomical museum.

In old subjects we often meet with bony concretions between the vertebræ; this is also very

common in old quadrupeds, many of those dying in menageries have the entire vertebral column formed of one solid piece, and it is the principal cause of that rigidity of the back, and want of ease in the paces of an old horse. There is a remarkable peculiarity in this kind of ossification ; it does not ordinarily occur in the substance of the fibro-cartilages, but covers them in several points, or in the whole of their circumference, leaving the subjacent structure untouched : so that, when vertebræ in this state are subjected to maceration, the bones remain united by osseous plates, or bands, while a space is left between each vertebra equal to the thickness of the cartilage. Persons having the vertebral column so affected suffer more danger in falls, than others ; for not only are the bones more readily fractured, but, there being no elastic interventions, the jar is carried to the head and may be immediately fatal.

Perhaps more distortions occur about the two inferior dorsal, and upper lumbar vertebræ than in any other portion of the spine : the connexion of the vertebræ of the back is firmer than in any other part of the chain : just at the base of the firmer column there will be unusual freedom of motion, and this is the cause of the frequency of distortion in this part.

We may here notice some of the effects of spinal deformities on particular organs and functions. Curvatures forward produce only one kind of al-

teration in the form of the thorax: reduction of its cavity in the vertical axis of the chest. The two extremities of the spine cannot be brought nearer together, until the resistance of the sternum is overcome: it follows that if this bone has lost none of its consistence, if it has not been drawn backwards, the cavity is little diminished, and the contained organs but little impeded.

Curvature of the spine backwards is of much greater importance, but happily it is more rare than any other form. In these cases, other curvatures, either simply forwards, or on one or both sides, are soon produced. A strong pressure consequently takes place on the extremities of the sternum, and this force, combined with the different tractions of the ribs, produces a proportional inflection of that bone: generally a curve of which the concavity is directed forwards. There will then be projection both of the spine and the sternum, in the interior of the chest, and the constraint of the contained organs may be easily imagined.*

Dyspnœa occurs in distortions, from the irregular disposition of the bones of the chest. In inspiration, the cavity cannot be dilated to its usual capacity in its lateral or perpendicular diameter, because the shortened intercostals cannot elevate the ribs to a proper extent, and the impeded action of the diaphragm prevents it from depressing the ab-

* Delpech.

dominal viscera so low as usual. From the inclination of the body forwards, the abdominal muscles, in expiration, cannot so completely effect a diminution of the capacity of the chest, by pressing the viscera against the diaphragm, as when they enjoyed their normal degree of length.

From the diminution in length of the spine, the diaphragm presses unusually on the liver and the contents of the abdomen. The viscera often accommodate themselves to such position, and carry on their functions much better than might be expected. But when the abdominal muscles are paralysed, or have their nervous energy impaired, from pressure or irritation of the nerves at their exit from the canal, or that part of the spinal marrow with which they are connected, the functions of the abdominal viscera will be greatly deranged. Pressure of the muscles of the abdomen seems to be essential to the well-being of the functions performed in its cavity.

In the various forms of spinal distortions, the interior surface of the spinal canal is almost always preserved smooth and continuous. When the deformity has taken place at a very early age, the calibre of the affected part is somewhat contracted, but in the dissection of adults it is rare to find any diminution. The foramina deviate with the vertebræ, are occasionally diminished in size, but never entirely obliterated.

In some cases of spinal deviation the growth of the body ceases : puberty is retarded ; in males, the voice does not change, nor the beard grow.

The great vessels will be found, in post-mortem examination, to follow the course of the curvatures, and the circulation will of course, in such cases, be more or less impeded according to their extent. The ganglionic system of nerves and the thoracic duct will also be perverted in their course. The œsophagus generally passes through the chest in a direct line.

When we contemplate the deviations of the viscera of the chest and the abdomen, of the great blood-vessels, of the great centre of the absorbent system, of the various nervous ganglia concerned in the supply of nervous power to the organs of nutrition : when we consider the deranged condition of the spinal cord, the principal seat of sensation and motion and the centre of communication of all parts with the brain, the perverted course of the nerves connected with it, as well as the great sympathetic ; when we call to mind the impaired condition of the respiratory organs, of the intercostal and abdominal muscles ; when we remember the important offices of all these parts in the animal economy, we cease to be surprised at the long list of maladies, which are attendant on, or consequent to spinal deformity.

Our admiration is excited in witnessing the

powers of nature, in many cases accommodating the viscera to new positions of the skeleton, by which they are enabled to carry on their offices sufficiently well, to permit many deformed persons to enjoy a great share of health and spirits, and often to distinguish themselves by great mental efforts.

We may form an opinion of those cases of distorted spine, which are susceptible of cure, by gently raising the body by the chin and nape of the neck, or by extension in the horizontal position, which is the best mode; if the curves are in part effaced, it is enough to show, that the vertebræ have not been rendered immoveable, and we may consequently give a favourable opinion of the result. It does not follow that very bad cases are the most difficult of cure, for where there is great but increasing deformity, we have more reason to expect success in our treatment than when a smaller degree has been long in a fixed state.

In distortion from caries, the most happy result will be anchylosis of the remaining portions of the bodies of the diseased vertebræ. The necessity of a correct diagnosis in these cases is obvious. The same remark applies to spinal deviations in consequence of rickets; when the disease has terminated, and the bones have recovered their density, any change in form is almost, if not altogether, hopeless.

Before my attention had been so much directed

to spinal curvature, I was rather sceptical as to the effects said to be produced by slight derangements in the position of the bones of the spine, but a multiplicity of facts has convinced me, not only that some of the affections commonly called "nervous," but that many pulmonary complaints, and numerous disorders of the functions of digestion and nutrition, owe their origin to mechanical or functional derangement of the vertebral column or its contents. I have traced so many of these disorders to spinal tenderness, that I have no hesitation in considering them as cause and effect.

That deteriorated state of the health, which is always concomitant on incipient spinal distortion, in some instances unquestionably precedes the affection of the spine, and may be the cause of the latter: but, in all such cases, the primary disturbance of health is increased by that very mechanical derangement of the bones of the spine which it was instrumental in producing. Great muscular weakness results from this very impaired state of health, the connecting cartilages and ligaments of the spine lose their tenacity, and the bones their natural and relative positions. The spinal brain must be in some degree extended or compressed by the slightest deviation of the vertebral column, or the nerves as they issue between the vertebræ, must be similarly circumstanced; and, according to the situation of the spinal affection, different functions will be de-

ranged. If the primary curvature occurs in the upper dorsal region, the respiratory organs are principally affected; if the lower dorsal or lumbar region is the seat of disease, we have derangement of the functions of digestion, and sometimes those of generation.

We are all acquainted with that characteristic of nervous and hysterical disorders to simulate inflammation; this fact has been long known, and has been dwelt upon in a marked manner by Sydenham, a man whose acuteness of observation allowed no fact to escape him, and whose comprehensiveness of mind enabled him to deduce from accumulated facts the most correct inferences. His remarks on hysteric diseases deserve attentive perusal, and were the lessons inculcated better observed, we should not so frequently witness nervous and hysterical affections treated as inflammatory. The extraordinary resemblance between the forms of some nervous disorders, and inflammation of the deranged organs, have led to serious mistakes, and some experience is required to convince us of the powers of simulation in these affections. It is no uncommon thing for a girl of delicate health to be attacked with difficulty of breathing, cough, fixed pain in the chest, and every symptom of pleurisy, when in fact no inflammation is present. It is most easy, in such cases, to mistake the nature of the complaint, and instances do occur, where the most mature judgment

will find it difficult to pronounce, whether the symptoms be dependent on inflammatory action, or on that peculiar mobility of the nervous system which, in such persons, simulates every kind of disease. These are the cases which are so profitable in the hands of ignorant pretenders to physic ; for if they mistake their nature, which is frequently the case, derangement of function becomes organic disease, and if, by the effect of circumstances, the disturbance subsides, they get credit for the cure of a disease, the importance of which only existed in their ignorance of its real nature. Many constitutions have been impaired by the bleedings, digitalis, and other powerful means which have been called into operation to remove these phantoms of disease. Inflammation has been too long the fashionable and exclusive cause of every disturbed state of health : in the eyes of some practitioners, there is no disease but inflammation, and really it saves much trouble in our investigations to come to this sweeping conclusion – medicine is thus spoiled of its mystery, and the art of curing disease becomes one of the most simple affairs possible. The word inflammation is a sort of scarecrow, which is ever in the mouth of some practitioners, and if we picture to ourselves Le Sage's celebrated doctor adding the use of mercury to his other scientific means, we shall have a very fair type of some of the fashionable doctors of more modern times.

Mr. Tate, Dr. Addison, and others, have published their experience of the connexion between nervous and hysterical disorders, and spinal disease. Within a few years, the accumulated experience of many observant practitioners has almost established, as an incontrovertible fact, that the seat of these anomalous complaints is in the spinal marrow or its envelopes, or the communicating nerves; my own observations corroborate these views, and I conceive that keeping up attention to the subject cannot fail to be attended with advantage to medical science and benefit to the public.

These general observations sufficiently establish the necessity of a careful diagnosis, in cases of spinal distortion, seeing that they are the effects of very different causes. For the sake of perspicuity, I shall devote the next chapter to the description of the external character and the anatomy of the various forms of spinal curvature, and shall then proceed to investigate the sources of these deviations in the following order:

1st. Those which are dependant on defective muscular action.

2d. Those which result from disease of the fibro-cartilages.

3d. Those which result from disease of the bones.

CHAPTER VIII.

Description and Anatomy of Spinal Distortions.

SECTION I.

OF LATERAL CURVATURE.

Perhaps there is no infirmity to which the human frame is liable, more deserving our attention, than that which is the subject of the following pages—whether on account of that portion of the community who are most frequently the sufferers, or in reference to the numerous afflictions which result from disturbance of the spinal cord, or its appendages. From a variety of cases, lateral curvature of the spine has of late years become so common, that there is hardly a family in the middle or upper ranks of society in this country, which has not one or more of its members so afflicted.

A small degree of curvature exists in numerous instances without being suspected, and many of the nervous, hysterical, and other anomalous affections met with in practice, have their cause in some slight deviation of the bones composing the spine.

The first symptom which attracts attention when a lateral curvature is forming, is the greater elevation of one shoulder, or the projection of one shoulder blade; this is less perceptible in the morning than in the evening, when the patient is fatigued. By degrees the shoulder rises more, is more full, and a slight lateral bend becomes perceptible in the spine. On examination, the spinous processes of the dorsal vertebræ will be found sweeping too much to the right or left, those of the lumbar in the opposite direction; if a plumb-line be held from the occiput, and the points of the spinous processes be dotted with ink, the degree of deviation will be easily measured. In the dorsal region, one side of the body will be more full, and rounder than the other, which is contracted and depressed: in the lumbar region the reverse conditions will be found.

The characteristic features of this variety of spinal distortion, are an elevation and fulness of the one shoulder, generally the right, and the opposite hip. There is a provision in the lower extremity by which the leg can be extended, and the weight of the body rest on the ligamentous connexions, without much muscular effort.* It is that position

* This circumstance was first pointed out by Sir C. Bell. It is similar to the contrivance in the legs of birds, by which, in roosting, they are enabled to grasp the perch without any muscular effort, but by the mere weight of their body. When a soldier is ordered to stand at ease, he instantly places himself in such a position,

into which a soldier throws himself when commanded to stand at ease. One leg is gently bent, the other is extended and supports the whole weight of the body: the lumbar vertebræ bend towards the opposite side to that of the extended leg, while the dorsal vertebræ are drawn in a contrary direction, to maintain the equilibrium: this is precisely the case, in the common form of lateral distortion of the spine. As the leg on which the body rests is changed, the curves of the spine change: when the body rests on the left leg, the right shoulder is the most elevated.

A weakly girl will often indulge in this position, almost always on the left leg, and the left hip will project, or as it is usually described to us, "grows out." To balance the body, the trunk is carried towards the right side, and thus we have the right shoulder raised. As this position becomes fixed, and that it often does very rapidly, from the rapidity of growth at this period of life, the ribs of the left side become crowded together, while those of the right side are unnaturally separated: the consequence is fulness on the right and depression on

that the centre of gravity of the trunk falls in the back part of the pelvis, the weight of the body renders tense the muscles and fascia passing from the superior spinous process of the ileum to the patella; the bones of the leg become perpendicular to the arch of the foot, and the erect position is maintained with very little muscular effort.

the left side of the chest. A third curvature, often very slight, takes place in the cervical region, in order to bring the head perpendicular to the centre of gravity.

Independent of these lateral curves, the vertebral column is generally more or less twisted, or rotated, on its axis; by which the transverse processes of the lumbar vertebræ are thrust forwards on the left side, while those on the right are entirely concealed. The sacro-lumbalis, and longissimus dorsi muscles, form a protuberance on the left, and are drawn inwards on the right, leaving a degree of concavity. In the dorsal region the transverse processes of the right side will be thrust outwards. The lumbar deviations form the first stage of the malady, but this seldom meets our eye; for as I before observed, attention is not called to these early symptoms, being only awakened by the appearance of deformity in the back and shoulder. However it often happens, that more than one cause operates at the same time, in the production of spinal distortion; when the fibro-cartilages are greatly relaxed, a deviation will readily be effected in the dorsal region, without any previous curvature in the loins, and the first inflection will take place, where there is a constant solicitation to the right.

When a curvature has been once established, it generally goes on increasing, and a lateral curvature, as it advances, becomes complicated with dis-

tortion of the whole trunk. The ribs on the convex side are curved outwards forming a hump, while the anterior part of the thorax becomes unusually flat, or sinks inwards. On the concave side of the distortion, the ribs are thrown forwards, while they present a hollow behind. These distortions of the ribs will be greater or less, according to the degree of spinal deformity, and the rigidity or relaxation of their articulations. In extreme cases the ribs are drawn into the axis of the chest, their upper edge becomes external, and their internal surface is turned upwards; they press upon and mutually deform each other, contract species of articulations at the points of contact, unite together in these points by a new fibrous tissue, and are sometimes completely anchylosed by bony secretion. In cases where the deformity of the ribs is not carried to this extent, the advantage is balanced by the want of security, arising from the great relaxation of their articular ligaments.

It is unnecessary to attempt to describe all the variations in the form of the chest, in lateral curvatures; a very slight inspection of the preparations of these parts in a museum, will explain more than the most laboured description. The distortion of the chest is greater in this than in the other varieties of curvature, not only from the double or treble inflexions of the spine, but from the rotation which accompanies them. To so great a degree

will this rotation take place in some instances, that the body will be twisted almost to a lateral aspect, and the lower part of the sternum and ribs will be suspended above the crest of the ileum of the opposite side. The torsion of the abdomen in these cases, produces such a depression at the epigastrium, that the ordinary effects of the deviation of the lower part of the chest, are very much increased.

Although lateral curvatures of the spine most commonly commence in the lumbar region, this is by no means invariably the case. Occasionally they originate with the dorsal vertebræ, but in whatever part of the column a lateral bend takes place, it is invariably followed sooner or later, by one or more in opposite directions. The body is not so much deformed by several of these inflexions, as it would be by one which was considerable, and it may be established as a rule, that the fewer the curvatures the greater will be the deformity. When there are four gentle curves in the spine, giving it a serpentine appearance, the deformity will hardly be perceived, and may be concealed from any eye by dress; but when there is one very large inflexion of the dorsal vertebræ, the false ribs will approach to the crest of the ileum, and the distorted appearance of the body will be very great.

When the malady has not been of long duration, the scapula is merely raised upwards; but when the subjacent ribs have become very convex externally,

the scapula is also projected. The prominence formed by this bone, will depend on the seat of the distortion of the ribs, and accordingly we sometimes find the inferior angle the most projecting point, at other times the posterior or internal margin. This projection of the scapula backwards is often the first symptom taken notice of.

In very bad cases of lateral curvature the form of the pelvis is affected, but this is so rare an occurrence, that it must be considered only as an exception to a general rule. The crest of the ileum on the side opposite to the lumbar curvature, will sometimes be elevated, the pelvis will consequently be oblique, and some internal irregularity will occur. The younger the subject the more danger will there be of distortion of the pelvis, which rarely occurs after the age of twelve. When the lower limbs are tortuous, and the spinal curvature is connected with rickets, we may expect to find distortion of the pelvis. The weight and pressure of instruments have been charged with compressing, and distorting the pelvis; if applied to the soft bones of very young children and considerable pressure used, such effects may occur, but in this instance, instruments have been accused of more than can be fairly laid to their charge.

Lateral curvature occurs at all ages, but from very different causes. In the children of weakly and scrophulous parents we see it at the earliest in-

fancy, and when it appears before the age of ten, it is almost invariably the consequence of rickets. From the age of ten to sixteen or seventeen, this variety of spinal distortion is met with in girls of rapid growth, whose constitutions have been weakened by inactivity or disease: these are cases of every day occurrence, the effect of muscular debility. Lateral curvature takes place very frequently in girls of the same age, in consequence of a softened and thickened state of the fibro-cartilages, dependant on chronic, or scrophulous inflammation. I must refer to those divisions of my work which treat of these specific affections; we must always bear in mind, that distortions are only the external forms of internal diseases, they are consequences of some prior derangement; if we can destroy the causes, the effects will cease, at least we can never hope to remove the effects while the causes are still in operation.

This kind of deformity has been attributed by many writers, to inequality in the action of the muscles of the two sides of the spine; but it is difficult to conceive that this can be the case, inasmuch as we generally find two or more curvatures in opposite directions. If the malady originated in the want of due antagonism in two sets of muscles, the vertebral column would be bent on one side only, but this is comparatively a rare case. However, in admitting the fact of the greater number of lateral

deviations in the dorsal region, towards the right side, we must also grant, that this direction of attitude is determined by the greater use and power of the right-hand muscles, and therefore some influence must be allowed to this cause. This theory has given rise to an absurd practice of anointing the muscles of the contracted side with goose-grease, and such other unguents as are thought to be softening, and relaxing, while the weak muscles of the opposite side are rubbed with spirits and what are considered strengthening liniments.

The causes which give rise to this widely-spread calamity, are very numerous and very different. There are various kinds and degrees of lateral curvature, some arising from a single, some from a combination of several of these causes. The origin of different cases may be traced to the following: a softened state of the bony parts of the spine—chronic inflammation of the cartilages and ligaments of the vertebræ—the long-continued operation of peculiar attitudes, tight lacing, &c.—contraction of one of the sides of the chest from inflammation, and destruction of a portion of lung by abscess—overgrowth, especially when operating in conjunction with the debilitating effects of some of the diseases peculiar to childhood, as scarlet fever, &c.

In some instances of lateral curvature one of these causes may have alone produced the effect, but in

others, several of them have acted in concert. I shall make a few remarks on each.

TOO SOFT A CONDITION OF THE BONY PARTS OF THE SPINE.

This cause operates in very young children, and is that peculiar condition of the frame, known under the name of rickets, in which the bones are affected by a specific disease. The organs of nutrition imperfectly perform their functions, and the circulating system is consequently ill-provided with the solid materials necessary to enable it to deposit those particles of phosphate of lime, which constitute the hard parts of the bones. Sometimes the bones of the spine and trunk alone partake of this disease, and the limbs remain straight; but generally speaking, all the bones are equally soft, and the legs and thighs are more especially bent. I have lately seen three decided instances of spinal curvature in children, from the ages of two to seven, where I am satisfied this soft condition of the spine alone existed; one of them had been treated for caries, but with no benefit. To another of these children I recommended nothing but attention to diet and the state of the bowels, with an injunction that it should spend the greater part of the day in the open air;—

in a few weeks the health was so much improved, that the child was enabled to take active exercise, and in a few months it was perfectly re-established. The curvature of the spine had almost disappeared; but when we had every reason to be satisfied with having removed the rickety affection of the bones, the hydra-headed monster appeared in another form; several glands in the neck enlarged, and some suppurated. This case afforded a remarkable illustration of the justice of that opinion which connects rickets with scrofula, and exhibits the difficulty of preventing, in constitutions predisposed to the disease, its irruption in one or other of its forms.

In another of these cases, a child of two years, the mischief had been engendered by a long course of mal-treatment. It was a healthy infant when born, but its mother was fond of society, and was in the habit of taking it out to evening visits, before it was six months old. The mother kept late hours, to the injury of her own health; and the poor infant not only suffered in consequence, from the deteriorated supply of nourishment, but also from the restlessness naturally induced by strange beds and strange nurses. The pursuance of this system soon rendered it a puny infant. When it was weaned, it was allowed to partake of all that was about; and, as the nurse drank porter, so the baby was indulged in the same; and there is reason to believe that it was sometimes gratified with some share in the po-

tations of a stronger liquor. Its meals were irregular, and in the intervals it was indulged with cakes, so that, as a matter of course, proper food when offered was rejected, and the child's appetite was supposed to be bad, when in reality the fault was in the absurdity of its mode of treatment. In addition to the mistakes in point of diet, the child was neglected with regard to cleanliness, and it seldom breathed better air than that of a confined room in a London house. From such a combination of causes, its health declined from the age of four months ; and when I saw it at the age of two years, it was one of the most pitiable objects I ever beheld : it was much emaciated, totally incapable of bearing on its legs, which were in fact but barely covered with skin, and the bones so slight, that a touch would have broken them. The spine formed a complete serpentine curvature from the upper dorsal to the lower lumbar vertebræ. The intellectual faculties were remarkably precocious, so that a stranger would have supposed the child to have been double its age. Cold bathing and friction, with the internal exhibition of alteratives and steel, were recommended, and their employment was attended with some benefit; but the health was so much deteriorated that nothing had any permanent good effect, and the child sunk into its grave a victim to the folly and over-indulgence of its parents. This case is by no means a solitary one, and its

history, somewhat modified, would apply to hundreds of others, where scrofula, rickets, pulmonary and other diseases, are engendered in children, from the gross mismanagement of their early years. Such complaints are commonly imputed to the impure atmosphere of large towns, which is often bad enough, but in no part sufficiently so to produce these evils without other operating causes. In the very closest parts of London children will be healthy, if proper attention is paid to the circumstances of cleanliness, bathing, diet, and exercise in the open air. It is the confined air of unventilated rooms which is so injurious to children; but the open air, even of the most closely-built portions of the old city, is sufficiently pure to preserve a tolerable standard of health: if the substances taken into the stomach were as free from impurities as the atmosphere, even of London, the latter would not be in such bad repute. In ninety-nine disorders out of a hundred, especially in children, it is the stomach which is primarily in fault.

Rickets, in every degree of intensity, is produced by the mismanagement of children during the first three years of their life. Many of the subjects of this malady are weak from their birth, but the majority of them are rendered so by the neglect of those means which invigorate children, by proper attention to which even those who are born weak may be strengthened, and preserved from this scourge of

the children of this country. I call it so, because it is, perhaps, the most diffused of all the maladies of this period of childhood, existing more or less in almost every family, in many cases so slightly, that the name of rickets is not applied, although the tendency to the disease, in its incipient characters, cannot escape the eyes of the observant practitioner. All those children who have apparently large joints, those who are late in their dentition, and others in whom there is a tendency to curvature in the bones of the legs, are rickety subjects, and under circumstances favourable to the development of the disease, bad air, bad food, insufficient clothing, and want of cleanliness, would become miserable objects of deformity.

In cases of lateral curvature from this cause—a want of sufficient solid matter in the bones, the distortion appears most commonly in children, from the age of two to eight, for in some instances this soft condition of the bones continues through all the period of childhood. In a dissection which lately came under my notice, of a child of six years of age, the four upper dorsal vertebræ projected considerably backwards, and at the same time formed a lateral curvature towards the left side. This had been considered a case of caries, and issues had been used: however, on examination, the bones were ascertained to be free from ulceration, but compressed into a wedge-like form at the point of curvature.

The disease in this variety of spinal distortion commences by general derangement of the nutrient system; the child either refuses its usual food, or is preternaturally voracious, for the latter is as certain a sign of disordered stomach as the former: he loses his flesh—his arms and legs become flabby and emaciated—he cares not to move about—neglects his usual sources of amusement, is irritable and peevish; this state of things in a young child is almost invariably referred to its teeth, and is consequently too often neglected. Hundreds of children are sacrificed or become cripples, from the common practice of referring all their disorders to teething, although some derangements do unquestionably depend on this as a cause. Dentition is the grand process of the animal economy, is the point to which all the energies of the system is directed in infants very soon after birth, and any derangement of so important a process must be attended with bad consequences. There is doubtless a connexion between the process of dentition and the deposition of ossific matter in the bones of the skeleton, and it invariably happens that when the teeth are backward in their appearance, the bones are soft, and in all such cases, more or less curvature of the legs will be found. Many children, at the period when they should begin to walk, are incapable of so doing; and as the teeth should also appear in succession about the same time, it *must*

be the teeth which prevent the child from walking. In fact, every complaint to which the human frame is liable, from the crown of the head to the sole of the foot, is at this time of life referred to dentition, with as much justice as in the hacknied illustration of Tenterden Steeple being the cause of the Goodwin sands, because the inundation of the latter happened to take place while the former was building.

When at this tender age the health is deranged, and in consequence, the spine or limbs become incapable of bearing the weight of the child, or when any other disease occurs in combination with retarded or incorrect dentition, so far from the one being the cause of the other, they will generally be effects of the same cause, and that cause is, derangement of the nutrient system. Let the stools be examined, and in all such cases they will be found either pale or of a grey colour, very like blue clay, or black, and so hard that the child goes through a painful labour at every evacuation, or they will be found slimy and too frequent; in some way or other we shall find sufficient evidence that the functions of the intestines and of the glands which co-operate in the processes of digestion are deranged. The other symptoms which are referred to dentition enforce the conclusion to which we have arrived: the tongue will be pale or encrusted with a fur of various shades of dirty white and yellow—the sto-

mach will not demand its proper food—the belly will be large, and often tense as a drum ; the cartilages of the ribs so swoln out that the chest will exhibit a contraction above the false ribs, which is in some instances very great, and tends to increase the malady by impeding respiration.

All the foregoing circumstances point out the real origin of the disease to be in the nutrient organs ; but, as I have already said, they are overlooked, because teething is or should be going on, and the complaints of the child are expected to vanish when it has got all its teeth ; and so, perhaps, they would, but before this period can arrive, death will have put an end to its sufferings. The original derangement in the functions of the digestive system becomes organic disease :—the intestinal tube and co-operating organs, the liver, the pancreas, &c., become incurably diseased— the mesenteric glands enlarge, the thoracic duct no longer conveys to the circulating system any portion of nutrient matter, and the child becomes a skeleton. But the cases to which I am now directing attention, do not always advance to this ultimate point, because some means are adopted to check the disease :—a certain degree only of debility is induced by insufficient nutrition, the growth of the bones is impeded—they are not supplied with a proper quantity of solid matter, and they give way to the weight which they were intended to support—the vertebræ, most commonly

those of the back, are compressed into a wedge-like form, the narrow part of which is sometimes lateral, and sometimes anterior—the ribs partake of the deformity, the form of the chest becomes narrowed, and the anterior part projects in the form of the breast of a bird.

Such is the origin of one form of spinal curvature; and, as many other infantile diseases originate in the same manner, the above observations have necessarily taken a wider range. I would implore parents not to impute every derangement of a child's health to teething; many a serious disorder has been neglected in its incipient and only curative stage, by this false fact. Retarded dentition is itself a symptom of disorder, and that disorder will be found in the organs of nutrition, where nine-tenths of the diseases of childhood originate. The importance of these functions need not be insisted on. When we contemplate the size of the organs concerned in eliminating from our food those particles which are to be endowed with vitality for the support of our frames, we shall cease to be surprised at their influence over the state of our health. The inner surface of the intestines spread out would cover from 4 to 500 square feet, and the whole of it is lined with a membrane more delicate than the lips or inner surface of the mouth. Can we then wonder at the mischief produced by irritating substances on such an extent of delicate tissue? We

may more justly admire the powers of resistance in so tender an organization, when we call to mind the variety of substances which come in contact with it The well-being of the body depends on the healthy action of the whole intestinal tube, that it should separate only proper materials from the food, that the circulating system may be supplied with means to provide for the wants of the different parts of the frame. Throughout the course of the intestines, numerous tubes enter or depart from their inner surface, to convey the nutrient particles into the mass of the blood ;—of the former class are the ducts from the liver and other glands, bringing into the bowels bile and other fluids, which perform an important part in the processes of converting dead animal and vegetable materials into living and organized matter. With all that has been written for the public on the subjects of diet and digestion, there are very few who apprehend the importance of the functions by which the assimilation of the food and its conversion into vital aliment are effected, or the mischief which results from the derangement of any portion of the apparatus to distant parts, or to the whole frame. Many persons express surprise that the digestive organs can exert so powerful an influence over the rest of the body, are sceptical as to the connexion of various diseases of remote parts with such derangements, and are apt to consider this as the

fashionable medical doctrine of the day, which, like its predecessors, will in due time sink into oblivion. But if this were the place, it would not be difficult to prove the superiority of the simple and rational modes of explaining the nature of disease, employed in the present day, over the artificial and unintelligible doctrines of the physicians of by-gone ages. The simplicity of the modern medical doctrines is a very considerable evidence of their foundation in truth—truth is simple, and the farther we advance in our knowledge of the operations of Nature, the more and more do we perceive the simplicity of the means employed.

Having traced this variety of spinal curvature to softness of the bones, resulting from disordered action of the nutrient organs, we must now say a few words on the mode of removing such a condition. Inasmuch as this impaired state of the health has been the result of long-continued mismanagement, and of the slow and gradual inroads of disease, so we cannot hope for means which will instantly remedy such a condition. The production of the mischief has been the work of time, and almost as long a period will be necessary for its removal. Many chronic diseases are rendered incurable by the false expectation of patients to see them speedily removed, and such persons run the gauntlet of all the physicians, surgeons, and empirics of this town, without allowing any one of them time to effect a

change in the disease. The notion is too prevalent that there is a specific remedy for every disease; even among the most enlightened this opinion prevails, and the consequence is, that comparatively few persons can be persuaded to go through that slow and gradual system of diet and regimen so essential for the removal of chronic diseases.

The treatment of the disease which occupies our attention is very simple; the child should not be allowed to stand or walk, while the bones remain in a soft state, but nevertheless it should be in the open air the whole day in fine weather; it should in fact live out of doors, and be never within the house but for repose and its meals. Unless the weather be bitterly cold, the patient should be out; a moist atmosphere is not of itself injurious, but becomes so when in combination with great cold or miasmata;—the neighbourhood of the sea is always damp, but there are very few persons who do not enjoy improved health while inhaling its breezes. My own observation has long led me to the general conclusion, that it is a very cold atmosphere, or a combination of cold and wet, which is most injurious to health, and not simple moisture when unaccompanied with cold. I therefore recommend children to be out, if possible, in all weathers, except extreme cold. The good effects I have witnessed of improved health from a steady observance of this rule leads me to impress it thus forcibly. Even in

this smoky town the open air is valuable, and those who are always out in it enjoy very good health ; it is in close, heated, unventilated rooms, that disease is generated ; and, perhaps, there is no portion of the community who enjoy better health than those inhabitants of London, whose occupations oblige them to be in the open air the greater part of the day. To enable a child with this variety of spinal distortion to take active exercise, when old enough, a mechanical support should be employed ; such instruments are made by all surgical instrument makers. There should be no pressure on the circumference of the pelvis, if the machine is well made it will be on the crista of the ileum : it was by attention to this point that Mr. Chesher's instruments were so superior to all others.

The next important subject of consideration is exercise—active exercise in such cases is of course impracticable, but there are various modifications of exercise which may be employed. Friction and shampooing are of this nature ; flexion and extension of the limbs and friction to the surface will improve the tone of the muscles, increase the vigour of the circulation, and, if properly applied, will have almost as good an effect as active exercise itself. Friction for half an hour in the day will do no good ; at least three hours should be devoted to this purpose, at intervals ; every part of the body should be well rubbed twice or thrice in the day, the upper

as well as the lower extremities, and the muscles of the back and abdomen most especially. A little flour or powder, to prevent chafing, is all that is necessary. The good effects of friction are but little known, because, when recommended, it is not efficiently tried: half an hour night and morning is generally the full extent, when at least six half hours should be devoted to it. Under the superintendence of the late Mr. Grosvenor, at the Oxford Infirmary, this plan was put into complete action with immense success, and a small work on the subject, by his successor, Mr. Cleobury, is well worth persual. If the child is old enough, various amusing exercises may be invented for it while retaining the recumbent position; pullies and other mechanical contrivances may be used at first by the arms alone, and afterwards in a sitting posture. With regard to diet, the utmost simplicity should be observed; the meals should be at regular hours, and nothing whatever, on any pretence, given in the intervals. If the child has teeth, it should be allowed a portion of animal food for its dinner; and I think solid animal food better than broth: it should have three meals in the day at regular intervals, and nothing should be allowed to derange the system. Children do not require such variety of food as adults; their stomach requires nothing but the most simple aliments, and therefore, when any system of feeding is found to agree with a child,

there can be no reason for change. The same kinds of food do not agree with all stomachs, and therefore no general rules can be laid down which will be universally applicable, and individual experience can be our only correct guide.

With regard to medicine but little need be said—the secretions of the alimentary canal should be improved by aperients and alteratives, and the general tone of the system invigorated by tonics—various preparations of iron are more readily taken by children, and, as far as my experience goes, they are infinitely more beneficial than the vegetable tonics.

Chronic inflammation of the cartilages and ligaments of the vertebræ is a cause of spinal curvature which operates on children of a lymphatic or strumous habit, between the ages of six and fourteen, and most commonly in girls. The disease is so imperceptible in its earlier stages, that little or no attention is paid to it until the spine gives evidence of curvature. The pain, when complained of, is described as heavy, aching, weary, but never acute. The child's health suffers without any very apparent cause, the thoracic or abdominal viscera exhibiting symptoms of disorder according to the seat of the disease in the spine. This disease most frequently occurs in the dorsal vertebræ, and this leads me to remark on the discrepancy of opinion which exists among different authorities with respect to the primary seat of lateral curvature;

Messrs. Bell and Shaw being of opinion that lateral curvature always begins in the loins; that the curvature of the dorsal region is consecutive, and the result of muscular efforts to restore the equilibrium of the head and chest, disturbed by the curvature in the loins. Most of the continental writers, and some observers in our own country, have thought that in some instances the primary curvature has been in the dorsal region. According to Mr. Bell's theory, lateral curvature always commences in the lumbar region, and so it unquestionably does in cases depending on mechanical derangement of the spinal line from muscular debility, in which the muscles of the spine are incapable of supporting the vertebral column in its true position. But a disease either of the bones or connecting ligaments and cartilages, will of course begin at every part of the spinal column, and therefore the primary curvature will be in different parts in various cases of this disease, most frequently according to my observation in the upper part of the dorsal region; and I am most happy in having my opinion strengthened by Dr. E. Barlow, of Bath, whose acuteness for correct observations, and liberality in communicating them, I have the utmost pleasure in acknowledging. The following is an extract of a letter from this gentleman, and is interesting in other points besides that to which I have here referred.

"For many years, lateral curvature in its inci-

pient stage had attracted my observation; first, from remarking the incidental derangements of health so often attendant, and afterwards from tracing back such derangements to curvature, in cases where this was not conspicuous. This latter course of investigation has led me oftentimes to detect incipient curvature where none had been suspected, and hence to adapt the treatment to the primary derangement, with great satisfaction to myself and benefit to the parties concerned. I had seen, in connexion with lateral curvature, hurried respiration, short cough, palpitation, hysterics, with a host of other nervous derangements, all yielding readily to proper treatment of the spine and improvement of the general health. When I afterwards met with these symptoms unattended by the constitutional derangements which usually accompany them when resulting from inflammatory affection of the lungs or heart, I suspected the spine, and was led to look more closely after it. It has often surprised me to witness how much disturbance a very slight inflection of the spine could occasion in the heart and lungs, and how readily it was allayed by directing the treatment to the primary malady. This treatment has, in my hands, been very simple, consisting chiefly in regulation of bowels, suitable diet, this being nutritive without pampering, tonics, especially quinine, sometimes steel, recumbent posture alternated with exercise of the spine, cold sponging, shower-bath,

partial exercise of the muscles of the back by means of the weight and pulley, with the cord attached to the head, I have used with advantage: but, in the incipient cases to which I allude, the simpler means in general suffice. From repeated examination of such cases, my impression had long been that, in them, the dorsal curve was that which first occurred, the countervailing bend afterwards taking place below. It is very possible that my scrutiny might not have been conducted with sufficient accuracy: and while I still retain my original belief, I by no means contend that I may not be wrong. My reasons for the belief were, that in the earlier stages I saw only the slight curve between the scapulæ, and that the raised shoulder and protruding scapula occurred where no projection of hip was perceptible. In short, I doubted not of the fact, nor am I yet convinced, even by Mr. Bell's highly ingenious explanation of the rise and progress of lateral curvatures, that I am wrong. He considers the first bend in the lumbar vertebræ to take place in the standing posture. It may be so in many instances, but I cannot believe it to be so in all. In those which I have seen in the incipient stage, the parties had not been accustomed to long standing. They sat much, and were accustomed to make forced efforts towards keeping the trunk of the body erect, when the natural strength was inadequate. This state of weakness can never be dis-

guised. Even under ordinary medical examination, enough occurs to display it, which no observant practitioner can mistake. The party makes a forced effort to sit erect: in a few moments the effort relaxes and the spine yields, the trunk sensibly sinking, the chest becoming flatted and the back arched. When this degree of weakness exists the spine is never safe, it is sure to yield in some direction; and the early inflection begets a long train of nervous, thoracic, and other disturbances. In such cases, whether curvature be discoverable or not, I enjoin the parties to take refuge in the recumbent posture, whenever they feel that they cannot support themselves, alternating this as much as possible with active exercise. So long as the dorsal muscles are in action, the mischief cannot advance, and restoration of power to these muscles by local and constitutional means is the only effectual cure. The cure, too, is not difficult, when commenced early and judiciously pursued. So long as the weakness continues, there is no security save in avoiding the sitting posture whenever the trunk cannot be fully supported. I have found a great advantage in this respect in dispensing with the 'board,' as it is termed, and converting a common sofa into an inclined plane. This is readily done by any carpenter; a plain raised to seven or eight inches at one end, and terminating in a point, being slipped under the cushion. This arrangement ex-

cites no observation, a consideration of some moment where feelings are sensitive; it is always at hand, and will be used freely, when the formality and display of lying down on the board would be repulsive. From the sensible relief afforded, it becomes the favourite repose; and no time being enjoined, the parties lie down and exercise alternately, precisely as the most accurate judgment would direct. Sometimes there is prejudice to encounter, especially in schools. The young lady is accused of neglecting her 'carriage.' Under remonstrance, perhaps reproof, she can draw herself up, and the power of doing so being thus demonstrated, obstinacy is imputed, the total inability to sustain the forced effort being wholly overlooked. In this way much injustice is practised against these weakly creatures, much injury inflicted. Your acknowledgment, that curvature occasionally originates with the dorsal vertebræ is satisfactory to me, as showing that cases have occurred to others, in which the dorsal bend was the earliest. The difference, however, is of little moment, a common origin being acknowledged in both cases, and the principles of treatment being consequently the same.

"I am the more pleased to see this matter subjected to free discussion, from the light which this cannot fail to shed on many derangements of female health, in which a mistake of their real nature leads to much mal-treatment. Young females have been

brought to me with alleged disease of the heart, phthisis, &c. whose maladies, traceable to muscular weakness and incurvated spine, have readily yielded to such treatment as I have mentioned; while bleeding, digitalis, and remedies of this class, would have sunk their powers and accelerated their fate. Had either disease actually existed, the treatment employed must have failed. I have seen local excitement enough to mislead an unwary practitioner into bleeding and depletory treatment, which, however it might abate symptoms, must, by increasing weakness, aggravate the real disease. These cases require close discrimination, for it does happen that the pulmonary disturbance leads to a state of congestion and inflammation, so as even to require the lancet to be used; but these cases differ widely from primary inflammation of the chest, and require the treatment to be modified accordingly. In reflecting on this subject it has occurred to me, that the insidious disorganization of the lungs characteristic of phthisis, may not unfrequently have its origin in the disturbance of pulmonary function occasioned by curved spine."

In all obscure and anomalous diseases of the pulmonary or abdominal viscera, I would strongly urge the necessity of examining the spine with attention. The observations of Mr. Teale, Dr. Addison, and Mr. Tate, all agree in leading to the conclusion that, in hysterical and nervous affections, the primary

seat, the origin of the mischief, is sometimes in the spinal column or its contents. When we reflect on the important offices which the vertebral column performs as the only support for the head and thorax, and particularly of the abdominal viscera, as the medium of communication between the nerves of all parts of the body and the brain, we cannot be much surprised that the disorders resulting from its derangement should be very numerous. Among the most commonly adduced causes of lateral curvature is the long-continued influence of the same attitude —that this does operate, is unquestionable, for multiplied experience has shown it in many persons whose occupations oblige them to maintain the same posture for many hours daily. Attitude has most effect during the period of growth, but probably too much has been attributed to it: for without the simultaneous action of other causes, it would not alone be sufficient to account for the production of spinal curvature. The attitude which a girl is obliged to assume at almost all her lessons, unquestionably tends to draw the spine to one side and to elevate the right shoulder, which, together with want of exercise, stays and tight lacing, operates in the production of that variety of lateral curvature, which the modern system of female education has rendered so common.

The attitude assumed in needle-work, writing, drawing, the piano, the harp, all have the same

tendency to contort the spine; all these occupations are sedentary, and so many of these and other accomplishments are now demanded, that the day is hardly long enough to go through the usual lessons. Boys sit much at their studies as well as girls, but when relieved from them, their amusements are of such an active description, that the alternation of a few hours sitting is really beneficial to them; but girls, in their intervals of relaxation, are too often permitted to take no other exercise than a slow walk for an hour or so. The motions necessary for boyish games, bring into active play the muscles of the back, increase their vigour, and thus enable them to maintain the spine in its proper position, but the action of walking has but little effect on this class of muscles; the omission of those active exertions which youth of both sexes would naturally indulge in, is one main cause of such frequent instances of lateral curvature in girls. Every care is taken to check in girls that activity which is natural to the season of youth—young ladies should not be romps—such and such exercises are boyish—delicacy of appearance is considered genteel, and we all know how successful the system is in rendering girls delicate. Even in those cases where some degree of active exercise is permitted, the poor child is eternally admonished not to assume the attitude which Nature dictates to relieve for a while the muscles of the back. Miss must not stoop, must

always hold her head erect, sitting or standing: the head and chest must be upright, and straight-backed chairs, backboards, and other ingenious arts of tormenting have been invented, to prevent children from adopting the attitudes of repose dictated by Nature. Who would ever think of preventing a horse from assuming that position of repose which he almost invariably takes when standing still, by raising one of his hind legs to rest, while the body mechanically bears on the other three without much muscular exertion: in this position the spine becomes curved; and, it would be as wise to fear deformity in a horse, because he occasionally assumes this position, as in a girl to fear her being permanently round-shouldered, because she occasionally relieves herself from the irksomeness of continually maintaining the same position. Perhaps there is nothing more beautiful or more conclusive of design, than those contrivances in the structure of animals which enable them to assume positions of repose without the expenditure of muscular power. The manner in which birds roost is a familiar illustration; the weight of their body alone acts on the tendon of the flexor muscles of the toes, which thus mechanically grasp the perch without any muscular effort. The position of the horse above mentioned, and that of the soldier when he stands at ease, are also examples of this provision of Nature. In the human body, the means of effecting

this object was, I believe, first pointed out by Mr. Bell, and has been illustrated by him in the article "Animal Mechanics" of the Library of Useful Knowledge, and by Dr. Arnott, in his Elements of Physics, from whose work I shall take the liberty of making the following extract, which in forcible language and correct reasoning, cannot be surpassed.

"Strongly as Nature has expressed herself upon the important subject of exercise among the young, tyrant fashion, with a usual perversion of common sense, has of late times in England, formed a school discipline for young women of the higher classes, which wars directly with Nature's dictates; and the consequences have been such, that a stranger arriving here from China, might almost suppose it the design to make crooked and weak backs by our school discipline, as it is the design in China to make little feet by the iron shoe. The result is the more striking, because the brothers of the female victims, and who, of course, have similar constitutions, are robust, healthy, and well-formed. A *peasant girl* is allowed to obey her natural feeling when her spirits are buoyant, and at proper times may dance, and skip, and run, until healthy exhaustion asks that repose that is equally allowed; and she thus grows up strong and straight. But the *young lady* is receiving constant admonition to curb all propensity to such vulgar activity; and often, just as she subdues nature, she receives the

praise of being *well-bred.* Her multifarious studies come powerfully in aid of the admonition, by fixing her, for many hours every day, to sedentary employment. This adoption of sedentary habits is not only hurtful, by preventing the natural extent and variety of the exercise, and thereby weakening the whole body, but is rendered particularly injurious to the back, by the manner in which the sitting is performed. It would be accounted great cruelty to make a delicate young creature stand all day, because the legs would tire; but this very cruelty is almost in constant operation against the back, as if backs could not tire as well as legs. When a girl is allowed to sit down, because she has been long standing, great care is taken that the muscles of the back, which still remain in action as she sits, shall not be at all relieved; for, from the idea that it is ungraceful to loll, she is either put upon a stool which has no back at all, or upon a very narrow chair with a perpendicular back. The stool relieves the spine more than the chair, because it allows of bending in different ways, so as to rest the different sets of muscles alternately; but the chair forces her to keep the spine quite upright, and nearly unmoved. The consequence soon is, that being first weakened generally, by sedentary habits, and the back being still farther weakened by excessive fatigue, the spine gives way in some part and bends, and the curvature becomes permanent.

"When the inclination of the back has once begun, it is very soon increased by the means used to cure it. Strong stiff stays are put on, to support the back, as it is said, but which in reality, by preventing those muscles from acting which are intended by nature as the supports, cause them to lose their strength; and when the stays are withdrawn the body can no longer support itself. The only things forgotten are to give proper exercise in the air, and to let the child rest when she is not taking such exercise. The prejudice had at last grown up, that strong stays should be put upon children very early, to prevent the first beginning of the mischief, and that the child should always be made to sit on the straight-backed chair, or to lie on the hard plane; and it is probable, that if these cures and preventives had been adopted as universally and strictly as many deemed them necessary, we should not have in England a young lady whose back would be straight or strong enough to bear the weight of her shoulders or head. It would disgust us to see the attempt made to improve the strength and shape of a young race-horse or greyhound, by binding tight splints or stays round its beautiful young body, and then tying it up in a stall; but this is the kind of absurdity and cruelty so commonly practised in this country towards what may be well called the most faultless of created things."

Although want of exercise is perhaps the most

important cause of the frequency of lateral curvature, yet I do not doubt that stiff stays and tight lacing very materially increase the mischief produced by inactivity. Tight lacing not only prevents a due development of the muscles by pressure, but by fixing into one immovable mass the ribs and vertebræ of the back, which, more especially in youth, should have free motion on each other, makes the whole upper part of the body a dead weight on the vertebræ of the loins, which in consequence give way to one or other side, and lateral curvature is produced.

The natural and proper motions of the spine are produced by muscles connected with the head, shoulders, ribs, and pelvis; and it is in the perfect adjustment and reciprocity of action among these muscles, that the true equilibrium of the spine is to be maintained. If we deprive a large class of these muscles from acting at all, this reciprocity is destroyed, the remaining muscles having more duty to do than properly belongs to them, either become weakened, or having lost the opponent power of their antagonists, draw the vertebral column awry. This is precisely the effect of tight lacing—the numerous muscles inserted into the ribs, shoulder-bones, and spine, are all compactly bound together, so that the bones of the chest, which should have some motion on each other and on the spine, become one mass, being a dead weight on the vertebræ

and muscles of the loins. I cannot but think that this is one great source of that variety of lateral curvature which commences in the loins, and which is the most common ; indeed it is almost universal, for there are few women in whom some slight deviation of the lumbar vertebræ may not be detected.

There must be some very general cause of lateral curvature operating specifically on girls, to be productive of the much more frequent cases which occur among them than among boys. That their occupations are more sedentary is not sufficient, for many youths about the age of sixteen become very studious, and have little or no active exercise, but how rare a thing is lateral curvature among them. I have met with several cases in girls of a very active disposition, who have lived in the country, and have jumped, skipped, and danced as much as could be wished, and whose health has been uniformly good —in these instances I could attribute the mischief to no other cause than tight lacing ; and to this pernicious custom, I have no doubt, they owed their deformity. It is not the mere effect of a tight band round the waist which is so injurious, but it is the fixing together in one compact and immoveable mass the bones, ligaments, and muscles of the shoulders, chest, and dorsal region of the spine ; this is effected by encasing the body in well-fitted stays, which, when properly laced, prevent the natural motions of these parts on each other.

Let us examine the action of one only of the numerous muscles connected with the chest and spine, the latissimus dorsi, which arises from the common tendon of the loins ; the fleshy part of this muscle encircles the lower and back part of the chest, passes over the corner of the shoulder-blade, from which it receives a fleshy bundle ; and as it passes over the ribs, it sends some tendinous slips to them : the lower fibres of this large muscle ascend, the upper ones go directly across, the flat tendon produced by the junction of these fibres forms the back part of the arm-pit, and is inserted into the arm-bone. The action of this muscle is to draw down the arm, and when either arm is fixed, it draws the spine to one side or the other, as in climbing, &c. How can this muscle act as it should do under the compression of tight stays ? The same question would apply to others of the muscles of the spine and chest. The whole back is clothed with strong muscles, its cavities are crossed by many smaller ones related to the ribs and spine, and the actions of all are more or less impeded by the compression of stays. Look at the withered legs of the beggars in our streets, notoriously produced by tight bandages—tight stays produce a similar effect in a less degree, but sufficient to weaken the power of those muscles whose duty it is to maintain the natural position of the spine.

Not only does tight lacing act directly in this

manner, but indirectly it operates in diminishing muscular vigour, by impeding respiration. It is well known that muscular power bears a relative proportion to the freedom of respiration, animals having the highest development of the respiratory organs, being the most powerful in muscular force. Tight stays compress the ribs together, and prevent the play of the respiratory muscles—when applied during the growth of the body, they prevent the development of the chest, and thus lay the foundation of many pectoral diseases. Much more might be said on the subject. To expect that stays will be banished from the female dress would be idle, but I think few mothers who will reflect on the evils of tight lacing in growing girls, will hesitate to defer at least to the latest moment, the vanity of forming their children of that shape which is most convenient to the dress-maker; for really the great use of stays, from all I can learn on the subject, appears to be, that they form the most suitable groundwork for the attachment of the manufactures of these artists. The female form, at least in youth, requires no artificial aid to improve it; who would think of putting stays on the Venus de Medici!

I shall endeavour to give strength to my own opinion by the following quotations:

"Almost every step in the education of a young lady tends to make her artificial, at least as far as her body is concerned. Stays tightly laced are ap-

plied at an early age, and she is debarred taking the exercises natural to youth: yet notwithstanding the tendency of such a system to weaken all the muscles of the back, she is expected to be able to keep her spine as upright as if she had the strength of a porter. She may appear to sit erect, when she is in fact crooked A mistake seems to exist with regard to the effects produced by stays, which are not stiffened with bones. Mothers are led to believe, that their children are in no danger of becoming distorted by wearing such stays; but they forget, or do not know, that the tight bandaging of the chest, when continued, is more injurious than the effect produced by stays which support the figure, even to such a degree as to obviate the necessity of the action of the muscles. It is true that a bandage, occasionally applied, gives support and strength; but if constantly worn, it produces a wasting of the part."

Portal, an eminent French physician of the last century, strongly reprobates the use of the stiff stays of his day, and some of his observations are worth recording. "On peut dire qu'on a peine à démontrer les muscles du dos dans les femmes qui se sont distinguées à porter des corps étroits; cependant, les dames moins jalouses de leur taille, lorsqu'elles sont parvenues à un certain age, abandonnent l'usage des corps, ou en prennent de plus laches, et comme alors les muscles du dos sont prodigieuse-

ment affaiblis elles se voutent ou elles s'inclinent sur les côtes. Plusieurs qui sont devenues bossues vers leurs temps critiques, rapportent la cause de leur distortion à la cessation du flux periodique, tandis que ce n'est qu'à la cessation de l'usage des corps, ce qui prouve qu'il est pernicieux d'en faire contracter l'habitude aux enfans."

The following passage occurs in a work entitled "A Comparative View of the Faculties of Man with those of the Animal World."

"Some nations have fancied that Nature did not give a good shape to the head, and thought it would be better to mould it into the form of a sugar-loaf. The Chinese think a woman's foot much handsomer, if squeezed into a third part of its natural size. Some African nations have a like quarrel with the shape of the nose, which they think ought to be laid as flat as possible with the face. We laugh at the folly, and are shocked with the cruelty of these barbarians, but think it a very clear case, that the natural shape of a woman's chest is not so elegant as we can make it, by the confinement of stays. The common effect of this practice is obstructions in the lungs, from their not having sufficient room to play, which, besides the tainting the breath, cuts off numbers of young women in the very bloom of life. But Nature has shown her resentment of this practice in a very striking manner, by rendering above half the women of fashion

deformed, in some degree or other. Deformity is peculiar to the civilized part of mankind, and is almost always the work of our own hands. The superior strength, just proportion, and agility of the savages, are entirely the effects of their hardy education, of their living mostly in the open air, and their limbs never having suffered any confinement."

So long as the body is growing, stays should never be used on the principle of supporting it; for if this be done, the muscles will never of themselves be able to perform that duty. When growth has ceased, when the muscles are fully developed, and the bones are properly connected by their cartilages, ligaments, and muscles, less mischief will be done by artificial supports; and where exercise cannot be used, they are very necessary to the comfort of many persons of weak bodies. In permanent lateral curvature, where all hope of cure must be abandoned, where no means can raise the spine to its proper position, steel supports become essential, not only for the ease of the individual, but to prevent the mischief from increasing. I have met with many cases where the deformity has increased, even after the age of thirty, and in which steel supports would have been very beneficial. Prejudices against the use of such instruments are almost universal among medical men. I call them prejudices, because they are unfounded in reason, because they are conclusions drawn from witnessing the abuse of

mechanical means, and because they are held in deference to the advice of surgeons, who have deprecated their use only because they themselves have never employed them. The late Mr. Shaw, in his earlier publications, was a great enemy to all mechanical support of the spine, but length of experience induced him to alter his opinions on this subject.

The attempts to cure spinal deformity by the sole aid of instruments, and the unfortunate results which have too often followed, has raised so great a dislike to mechanical aid, that among our most celebrated surgeons such means are entirely discarded. That many cases of lateral curvature have received no benefit from the long-continued use of steel stays and other supports I am ready to admit; but the reason has been, that no other means were employed, in combination with the use of instruments, to strengthen the muscles, and thus enable them, without artificial aid, to retain the spine in its proper position. Supports have been employed, under the notion that if the body could for a time be kept erect, it would, when growth had ceased, continue upright without assistance, and in some cases this has occurred. Some girls become awry in consequence of the rapidity of their growth, the bones are elongated, the muscles are consequently lengthened by the separation of their two extremities, and it is some time before their breadth measures in

proportion to their length. In such cases, if by any means, either the recumbent posture or the use of steel supports, the spine can be kept erect until growth ceases, and the muscles are fully developed, then all fear of lateral curvature will have ceased. But in the majority of cases where spine-supporters have been employed, the end has appeared to be gained by the mere concealment of the deformity; and when the unfortunate patient has attempted to lay aside her artificial support, she has found herself weaker than ever, and of necessity obliged to continue it all her life.

Instruments to support the spine are useful as adjuvants to the treatment, so long as the period of life affords a hope of cure, and afterwards they are useful in preventing an increase of deformity, and as conducing greatly to the comfort of the wearer. The obvious remedy in that variety of lateral curvature of which we are speaking, is to improve the general health and strength, and more especially to invigorate the muscles of the spine. Now it must be apparent, that an instrument which will at all impede the motions of the spine, will prevent the possibility of effecting a cure of the distortion, and such is the case with all the machines invented for the removal, or more properly speaking the concealment of spinal deformity. There are few cases of lateral curvature which may not be cured, if properly treated, before the cessation of growth. The

incurable cases are those resulting from contractions within the chest, consequent on diseased lungs, and those dependent on the effects of inflammation of the cartilages and ligaments, where rigid contractions have taken place among these parts and the bones;—but these cases are few, in comparison with the large number dependent on the other causes enumerated.

Anatomical investigations have ascertained that the bones are seldom diseased in lateral curvature. In those cases which originate in very early life, they are usually soft and spongy, and lose their shape by pressure, but in the most frequent instances of this variety of curvature, we may consider it as established, that the bones are never altered in structure, nor is their figure changed but in old and permanent deformities. The muscles and ligaments are found considerably altered both in form and texture: they are stretched and elongated on the convexity of the curves, while on the opposite sides they are contracted, as is also the skin. When the deformity has been of long continuance, the muscles are found wasted, pale or yellow, and flaccid. When the ribs have for many years been placed in close apposition, or ride one over the other, the intercostal muscles will be nearly obliterated; this will also be the case with other muscles, which have been totally inactive for many years. In some old cases, the tuberosity, the neck and

head of some of the ribs have been found completely anchylosed with the transverse processes, the whole being enveloped in bony matter and confounded together.

The fibro-cartilages are always reduced in thickness in the concavity of the curves. Mr. Shaw states, that he never found them diseased, but they always retained their peculiar firmness and elasticity: this is true with regard to lateral curvatures dependent principally on muscular debility. In cases resulting from the action of scrofula, or chronic inflammation, the intervertebral substance will be found softened and distended, and its texture infiltrated with a gelatinous fluid, as the analogous structures are found in similar affections of the knee, or other articulations.

The influence of this distortion on the animal economy can be readily imagined by considering the anatomy of the parts implicated. The functions of the lungs and heart will suffer according to the degree of the deviation of the parieties of the thorax. The large vessels, the thoracic duct, and great sympathetic nerves, follow the course of the spine, and make the same curves. The viscera of the abdomen are also displaced, and often compressed, but they suffer less in general, than in curvature forwards.

SECTION II.

OF CURVATURE FORWARDS, OR EXCURVATION.

In this variety of spinal distortion, the upper vertebræ are brought nearer to the lower, and the spine is so curved, that the convexity of the arch is directed backwards and its concavity forwards. It is almost as frequent in occurrence as lateral curvature. It takes place at all ages, but from very different causes. In infants the spine is naturally bent forwards, the alternate curves do not then exist, and it is some months after birth before the dorsal muscles are capable of keeping it erect. In weakly children it is very long before the spine assumes the erect position, and in those of a rickety tendency, at the period when they should walk, their body is doubled forwards from general muscular debility, or a compressed state of the bodies of the vertebræ; this is one of the earliest forms of anterior curvature. During the whole period of growth we meet with cases of this variety of distortion, sometimes the result of rickets, sometimes of chronic inflammation of the fibro-cartilages, and at others of muscular debility. It occurs at all ages from disease of the bodies of the vertebræ, but more rarely after forty.

The bent back of rheumatic and old persons are forms of anterior curvature familiar to all.

In this kind of deformity, a few vertebræ only may be affected, forming a slight projection backwards, or a larger number being implicated, will produce a more extensive curve, or the whole spine may lose its normal form, and become one great arch. The rotation of the vertebral column on its axis, is less frequent than in lateral curvature.

When the malady depends on muscular debility, the curvature will be most extensive: when it results from intumescence of the fibro-cartilages, there will be first a projection of only one or two spinous processes, but the disease will soon extend above and below the original seat, and if not arrested very considerable curvature will ensue. In cases arising from the disease of bone, fewer vertebræ are concerned, and we consequently have, from this cause, rather an angular projection, than a curvature.

In many instances, where muscular debility is the principal cause, there have been no symptoms leading to any suspicion of approaching mischief, but as in lateral curvature from the same cause, the incipient deformity will first draw attention to the spine. Even where there is disease in the fibro-cartilages, or the bones, the pain is often so obscure, that the nature of the complaint is not suspected, until one or more of the spinous processes project backwards.

In the chapters devoted to the consideration of the diseases which lead to the formation of spinal distortions, I shall dwell at large on the early symptoms of those morbid conditions of the muscles, ligaments, cartilages, and bones, which are the real causes of these deformities. In this section I shall briefly follow the progress of the malady, and confine myself to a description of the alterations of form externally and internally, their effects on various functions, and the appearances on dissection.

In those cases attended with pain in the vertebræ, an accurate examination will detect an irregularity in one or more of the spinous processes, and if the body be bent forwards, this will be more apparent. At this period, the deviation disappears when the patient is in the recumbent position. After some time the spinous processes more evidently project, and are soon followed by others above and below the original seat of the disease: their projection beyond the proper line will be found to vary from half an inch to two inches.

Sometimes the whole of the dorsal vertebræ are included in the curvature. When the disease occurs in this region, the curve is larger and less abrupt than when it takes place in the loins, because the closer attachments of the dorsal vertebræ together, and their connexion with the ribs, prevents the extrusion of one or two, without drawing others into

the curve. In the lumbar and cervical regions, these distortions will approach more to the form of an angle, than in the dorsal region. The upper part of the spine will sometimes form a right angle with the lower; in some dreadful cases even an acute angle has been formed. (See plate 4.)

As the disease advances the patient becomes incapable of maintaining the erect position, and in sitting he is obliged to support the upper part of his body, by resting his elbows on a table. The lower extremities sometimes become paralysed, especially in that degree of curvature forwards, which has been termed angular projection.

The form and the extent of the curvature depends on the number of the vertebræ, or fibro-cartilages compressed or removed, as well as on the situation of the disease. When the bodies of many vertebræ are destroyed, the curve will approach to an ellipsis or an angle, but the degree of curvature will also depend on the depth to which the bones are corroded. Sometimes many vertebræ are affected, but the osseous matter absorbed, or destroyed, is not great, because the effects of the disease are confined to the anterior surface of the bodies: hence there may be very extensive absorption, or caries, with little or no deformity. On the other hand the bodies of one or two vertebræ may be entirely removed, the column will sink at this point, and the spinous processes will be very prominent.

We may readily imagine the mischief done in such cases by shampooers and others, who see nothing but dislocation of the vertebræ, in such projections.

The bodies of the vertebræ are seldom entirely destroyed; that portion which forms the anterior part of the spinal canal is the last to be affected, and in most instances escapes altogether, so as to leave the canal continuous and undiminished in calibre. This portion of the bone is of a more compact texture than the spongy body, and, like the spinous and transverse processes, not so liable to disease. In very bad cases these processes are found anchylosed, but never carious. In the whole circle of medicine, there are few more interesting reflections than those which arise in viewing the evident provisions of Nature, for the protection of the spinal brain. Not only is the canal defended by the more indestructible nature of the bone which immediately surrounds it, than that of the rest of the bodies of the vertebræ, but when this is so diseased that the weight of the body must soon crush the spinal cord, an attempt is made to uphold the column, by the deposition of bony matter between the spinous processes, producing such a degree of anchylosis as will sufficiently support the spine, and preserve the functions of its important contents.

The spinal canal of course follows the disposition

of the vertebræ. If the curvature has been formed during the period of growth, the compressed and distorted vertebræ do not increase in size in a relative proportion with the rest of the column, and the calibre of the canal will be contracted at the part where the disease is seated, but its internal surface almost invariably remains smooth and continuous.

When the arch formed by the curvature is small, the spinous processes are much separated, and the medullary cord is more exposed than usual; but the ligaments of these processes becoming ossified, an additional protection is formed. The foramina for the passage of the nerves are often considerably thrown out of their natural directions, and diminished in size, but never obliterated. We should naturally expect some disturbance in those parts, the nerves of which communicate with the tortuous portion of the spinal marrow, but the nervous symptoms do not in all instances bear a relation to the extent of curvature. Some patients with a small degree of distortion will be affected with paralysis of the lower limbs, general weakness, and torpor of the digestive and urinary organs, while others with very considerable curvature, from destruction of the bodies of several vertebræ, shall be able to walk to a very late period of their existence. (See plate 4.)

Although an interruption of the continuity of the medullary cord in curvatures of the spine, is not a frequent occurrence, some few instances of destruc-

tion of a portion of the medulla, are recorded by Ollivier, and others.

Numerous dissections have shown that the aorta, vena cava, and thoracic duct, follow the circuitous route of the spine, but I shall avoid repetition, by referring to the observations on this subject in the account of lateral curvature, many of which equally apply to the variety of distortion now under consideration.

When the malady is seated in the dorsal vertebræ the ribs are elongated, being drawn backwards by the receding vertebræ, so that the long diameter of the chest is reversed, and instead of being from side to side, becomes antero-posterior. The ribs are extenuated and rounded in form. The anterior part of the chest is narrow, and the sternum appears to project too much forwards. In some cases the sternum is bent, and forms an arch, the ensiform cartilage being entirely concealed.

The scapulæ are more or less changed in situation; when the distortion is considerable, and has commenced at an early age, they suffer in development. When the upper dorsal vertebræ project backwards, the superior portion of the scapulæ is also carried in the same direction: their inferior surface is thrown backwards and outwards, when the hump is formed by the middle dorsal vertebræ. As the disease advances, the ribs become straightened, and, losing their convexity, no longer afford the scapulæ

sufficient basis posteriorly ; these latter bones are then situated at the sides of the chest, and are thus more than usually removed from the spine. Lateral curvature is sometimes complicated with anterior, and then the scapulæ are still more deranged.

The pelvis is more likely to suffer in those cases where the disease is in the lower vertebræ : when it is affected, the deviation is in its antero-posterior diameter, not obliquely, as in lateral curvature. In curvature forwards, the inclination of the pelvis with the horizon, is more or less changed, according to the degree and proximity of the distortion. The sacrum suffers more from the influence of the malady, than the other pelvic bones : its superior portion is sometimes thrown more backward than usual, thus producing a preternaturally large antero-posterior diameter : it is also generally less inclined towards the horizon. In a great degree of angular projection, the promontory of the sacrum is entirely lost, which accounts for the observation, that some women with these deformities have, contrary to expectation, very easy labours.

When the distortion has altered the form of the thorax, and reversed the direction of its long diameter, the heart is situated at a greater distance from the spine than natural : palpitations, and irregularity of its action are common, and often give rise to unfounded suspicions of the existence of organic disease of this viscus. The form of the lungs will

be altered, being compressed at their side, and dilated in their antero-posterior direction. Respiration is always more or less impeded, and pulmonic complaints are frequent. Oxygenation of the blood is not effectually performed, the lips, cheeks, nails, &c. often exhibiting that bluish tinge, so indicative of derangement of the respiratory functions. The ribs and sternum often approach so nearly to the pelvis, that we are surprised to find the functions of these parts carried on so well. On the principle which we have had frequent occasion to mention, that muscles lose their power when their insertions are preternaturally approximated, we may account for the want of proper action in the abdominal muscles, without attributing it, in all cases, to paralysis. This, however, does occasionally occur, according to Mr. Copeland's observations.

The length of the trunk being shortened by the curvature forwards, the thoracic viscera unusually press on the diaphragm, which forces down the liver and abdominal contents; and thus is produced, in part at least, that tumidity of belly, which is one of the characteristics of these complaints. By the sinking of the thorax, and its approximation to the pelvis, the abdominal muscles and the diaphragm are shortened, and, until their structure accommodates itself to this change, they do not contract as it is necessary they should do, for the healthy action of the digestive as well as the respiratory functions.

Many of the ribs being brought into close apposition, the intercostal muscles are rendered useless, and this is another cause of difficulty of breathing.

The muscles attached to the prominences of the vertebræ, implicated in the curvature, are stretched and diminished in size, and are found after death attenuated, pale, and flaccid. The muscular system in the whole frame suffers as well as in the immediate region of the gibbosity, for immobility of the vertebral column produces general inactivity, and impeded respiration is always attended with diminished muscular irritability.

The ligaments on the anterior part of the spine, are found in various states of tumefaction and ulceration, while the ligaments within the canal, and those connecting the posterior parts of the vertebræ, are generally free from disease. Analogy would lead us to expect that the disease sometimes originates in these parts, but this opinion has not been confirmed by anatomy, opportunities for examination not occurring until a late period of the malady, when the bones are also diseased. The destruction of the ligaments is considered to be a consequence of the propagation of the malady to them from the bones, but it is not improbable, that the ligaments are sometimes the seat of chronic inflammation, of a similar kind to that which often invades the same tissues in the joints of the limbs.

When the bodies of the vertebræ have been wholly

destroyed, the anterior ligaments are sometimes found thickened, and partly ossified. In the progressive absorption of the bodies of the vertebræ, the ligaments are preserved entire, but in the carious or ulcerative absorption, they are destroyed. When anchylosis has commenced, the anterior and posterior ligaments have been found in different stages of conversion into bone, or, to speak more correctly, the arteries had deposited bony matter in their interstices.

Where the cause of the curvature has been muscular debility, or rheumatism, the fibro-cartilages are much compressed, their anterior margin is rendered very thin, and in some cases the cartilage is entirely removed. The weight of the body causing the absorption of the cartilages before it operates on the bones, which, as the curvature increases, are rendered cuneiform.

The intervertebral substances have been found thickened and softened, their texture being infiltrated with a gelatinous fluid. The distended fibro-cartilage forming a transverse ridge between the bodies of the vertebræ, and pressing on the spinal marrow, by protruding the posterior ligament into the canal.

When the disease originates in the bones, the bodies of the vertebræ are found in every degree of caries, or of progressive absorption. The other parts of the vertebræ appear to be exempt, by their structure, from this peculiar affection. The bodies of the

vertebræ are destroyed in the most irregular manner, instances of which must be so familiar from the multiplication of engravings, and the numerous specimens contained in every anatomical museum, that it is quite unnecessary to enter into detail on this subject. Progressive absorption begins on the anterior surface of the vertebræ, and proceeds gradually backward; in this manner, many of the bodies of the vertebræ may be entirely removed without suppuration. When suppuration takes place to a considerable extent, it constitutes lumbar, or psoas abscess.

Anchylosis takes place not only between the bodies of the vertebræ, but also between the spinous and transverse processes. No trace of the existence of the bodies of many vertebræ can be found in some preparations, two, three, or four occupying the place of one. The ribs are also found anchylosed with each other, and with the vertebræ. In caries of the spine they sometimes partake of the disease, and have been found soft and carious.

SECTION III.

OF ANGULAR PROJECTION.

What has been named angular projection, is but a peculiar form of the curvature of the spine forwards;

the history in the preceding section equally applies to this form of distortion, and but little more requires to be added.

Angular projection occurs most frequently in the lower dorsal, or upper lumbar vertebræ, for reasons which have been before stated. The fixed state of the lower lumbar vertebræ, near the sacrum, enable them to retain their position, without giving way at all, towards the production of a curve, and consequently if disease is seated in the bodies of one or more of the neighbouring vertebræ, the change of direction will be abrupt, and an angle will be formed. In these cases the bodies of the vertebræ are entirely removed, for if they are only partially absorbed, a curve is formed amounting to a larger or smaller segment of a circle, according to the extent of the disease.

It is in angular projection, that the most frequent instances of pressure on the spinal marrow occur, producing paralysis of the lower limbs, of the bladder, rectum, &c. This effect would appear to be sometimes dependent on the extension of inflammation to, or effusion of some fluid on, the medullary sheath.

When this deformity occurs in a child, it is almost invariably accounted for by some blow or fall, which would probably never have been thought of, but for the great anxiety which universally prevails, to avoid the imputation of constitutional infirmity. How-

ever it is not improbable that a fall may be the exciting cause, which brings into activity latent mischief.

Patients suffering under this form of distortion, are debilitated, and incapable of much exertion, they cannot hold themselves erect long, without support: the act of support is imperfectly performed, the gait is waddling, or the legs cross, and the patient is thrown down. Persons thus deformed often seek support by placing both hands above their knees, and they avail themselves of any accidental assistance that falls in their way. When the vertebræ, fibro-cartilages, and ligaments, are much diseased, patients instinctively seek to remove all pressure from the bodies of the vertebræ, by lying down in the horizontal position, or by placing themselves on their knees and elbows.

The spinal canal in angular projection always maintains its continuity. When the fibro-cartilages between the carious vertebræ, and the bodies of one or more of these bones have been removed by ulcerative absorption, when their posterior surfaces are destroyed, the canal is laid open, and the medullary membranes are exposed not only to mechanical pressure, but to the irritation of purulent matter: those dreadful consequences ensue, which are fully detailed in Chap. XII.

SECTION IV.

OF CURVATURE BACKWARDS, OR INCURVATION.

In this deformity, the spine is bent backwards, so that the occiput is brought nearer to the sacrum; it is the most uncommon of all the varieties of spinal curvature. It occurs occasionally in the loins, but the deviation of the vertebræ hardly amounts to distortion, since it is but an increased degree of the natural curve of these bones forwards. Indeed, so far from being considered a deformity, this great bend of the back is at the present moment in fashion, for it appears to be the object of the present race of staymakers, and other manufactures of ladies' figures, to force forwards the loins and pelvis, while the shoulders are thrown as far back as possible.

Mr. Bampfield mentions a case of great curvature backwards of the cervical vertebræ, where the occiput approached so nearly to the first dorsal vertebra, that the intervening space was only a finger's breadth. This was a rickety and diseased child.

Preternatural inclination of the lumbar vertebræ forwards, has been met with, in consequence of a shortened or contracted state of the psoas, and iliacus muscles. When an attempt was made to produce perfect extension of the thigh, the lumbar vertebræ

were drawn still farther inwards. These curvatures of the loins are sometimes produced by carrying heavy weights on the head. They are occasionally connected with lumbar abcess.

The differences in the anatomical structure of the anterior and posterior portions of the vertebræ, sufficiently account for the infrequency of curvature backwards, compared with curvature forwards. In their healthy condition, the intervertebral substances readily yield to compression, and allow motion of the spine forwards to a very much greater extent than the oblique and spinous processes permit in the opposite direction.

CHAPTER IX.

Of Muscular Debility as a Cause of Spinal Distortions.

In a state of health, the antagonist muscles of the limbs and trunk, are reciprocally poised, and equally proportioned in power. When one or several muscles of similar action lose their power of contractility, the limb is drawn by the antagonist muscles out of its natural direction, and some degree of deformity ensues. In high amputation of the thigh, the flexors place the stump nearly at a right angle with the pelvis, because they have lost their controlling antagonists. The ligaments are not alone capable of maintaining the articulations of the bones in their perfect integrity; a correct action of the muscles is necessary to keep all the parts of a joint in their appropriate positions. The due maintenance of the osseous connexions, being in part dependent on the muscles, a defective or irregular action of these organs must have considerable influence in the production of deformities.

Muscular activity is essential to the healthy state of the ligaments, fibro-cartilages, and bones. Want

of exercise is followed by debility and degeneration of the muscles; relaxation of ligaments, and softness of bones, are consequences of muscular debility. In persons of a strong, muscular frame, the ligaments are dense, and capable of much resistance; in weakly habits, where the muscles are but little exercised, the ligaments are relaxed, and the fibro-cartilages more pulpy than they should be. The same observation applies to the bones, which are extremely hard and dense in very athletic persons, while they are more or less soft and spongy in those of an opposite character. Such are the mutual relations of the whole fibrous system. The integrity of the entire apparatus of the organs of motion, bone, ligament, and muscle, is dependent upon muscular contractility; the degree of this is consequent on exercise, and if the natural relations of these parts are destroyed, deformity ensues. The ligaments permit all the motions which the muscles are capable of effecting; when the latter are irregular in their actions, or when they are defective in power, the ligaments soon yield, in the first instance to muscular contraction, and in the second, to the weight of the superincumbent parts of the body.

There are few cases of spinal distortion which can be exclusively referred to mere weakness of muscle, or deficiency of irritability; probably in every case of this kind there is more or less relaxation of the ligaments, and some loss of consistency

in the fibro-cartilages : but as these latter states are in some instances consecutive to muscular debility, they may be placed in a secondary rank, as causes of distortion.

Muscular debility is a common consequence of fever or any general disturbance of the health, but in the form of malady we are now considering, it is generally the result of too little exercise, and is therefore a cause, as well as a consequence, of ill health. Those muscles which should maintain the spine in its upright position, become so weakened that they are incapable of properly performing that office. We have endeavoured to show, that the ligaments permit motion, but are not of themselves alone adequate to maintain the articulations, without the aid of the muscles : consequently, when these fail in the performance of their functions, the weight of the body bears on the ligaments and fibro-cartilages, which yield to the pressure, and spinal distortion ensues.

Distortions of the spine from this cause, most commonly occur in girls from the age of ten to sixteen. Weakness of the frame from some temporary derangement of health often lays the foundation, and the deformity sometimes makes great progress before it excites attention. In this variety of curvature, the lumbar vertebræ almost invariably give way first, as we should naturally expect, not only from the greater mobility of this region, but from

having to bear the whole weight of trunk, arms, and head. The inclination in the loins is generally to the left, this is soon followed by another in the dorsal region to the opposite side, and the unusual protrusion or elevation of one shoulder, is the first symptom which directs the attenton of friends to the malady.

Girls of a relaxed fibre, of a lymphatic temperament, who have suffered much from the usual disorders of childhood, and whose growth is rapid, are the most frequent subjects of this affection. Rapidity of growth is probably one of the most powerful exciting causes. The bones take the lead in the growth of the body, the muscles are at first elongated by the increased distance of their insertions, and some time must elapse before their breadth becomes proportionate to their length. It is at this critical period that young people are especially liable to this variety of curvature, and too often a pernicious system of education completes the mischief. At whatever sacrifice, this period of life must be devoted to the acquirement of that endless list of accomplishments, which modern refinement has rendered essential to female excellence. This is not the place to enter into a discussion on the merits of the present system of female education; happily the attention which has of late years been directed to this subject, has, in the better class of schools, led to the introduction of exercises, which

will be the means of preventing many deformities, and physical education may now be said properly to share with mental. Happiness should be the end of every system of education; but however beautiful may be the precepts, however excellent the principles inculcated, however highly the mind may be adorned, without health these excellencies cannot be enjoyed. We too often witness minds endowed with almost every human perfection, struggling through life with a crazy constitution, the consequence of the greater attention paid to the mental capacity, than to the physical frame.

It is well known that muscles which are not called into action lose their natural character, and after some time suffer almost entire annihilation. It has been asserted that inactive muscles degenerate into cellular tissue, and that the latter is not merely the original tissue in which bone, muscle, &c. are deposited, but even that from which all other parts may be formed. The fact appears to be, that in the process of absorption, the fibrous parts of inactive muscles are removed, and the arteries do not deposit new ones, because they are not required, so that after some time, little remains in the place of such muscles but fat and cellular tissue. Such is the wonderful regularity with which the laws of Nature are carried on, that the secretions of a part are always accommodated to the wants of a part. In unreduced dislocations of the hip and other articula-

tions, Nature attempts the formation of a new joint; structures exactly similar to capsular ligament and synovial membrane are produced, but we cannot fairly infer that these new structures were effected by a mere change of cellular membrane into fibrous and serous tissue. Such changes never occur in the animal economy, all new structure is the work of the arteries, which by some inherent power, alter their depositions according to the new wants of a part. Such is the case in the formation of new joints, not a change of old structure, but a secretion of new by the minute arteries. In tuberculated lungs, in cancerous breasts, in fungus hæmatodes, the original structure is not changed, but in the ordinary course of nutrition, the disused particles are removed by the absorbents, and the arteries, instead of depositing new particles of a similar nature, deposit those which form a morbid structure. These and all other organic diseases, are the result of some morbific action of the local arteries, or of the general circulation, and this leads us pretty near the old humoral pathology, which, like many other old notions, may one of these days come again into fashion, and I think with some modifications it will explain many of the morbid conditions of the animal economy. Cancer, fungus hæmatodes, and the deposition of tubercles, are not always confined to one texture in the same subject. It is possible that in these cases there may be some erroneous mixture of the circulating fluid, (the consequence of

faulty digestion, or some of the other processes concerned in the formation of the nutritive particles,) and that the minute arteries deposit the matter, so contained in the blood, sometimes in a part already predisposed to a peculiar form of disease, as the breast with respect to cancer, or the lungs to tubercles, and at other times in tissues of a totally different nature.

As inactivity leads to distortions, by destroying the power and energy of the muscles, so inordinate exercise will produce a degree of muscular development which almost amounts to deformity. This is seen in the disproportionate size of the legs of opera-dancers and the arms of blacksmiths. The influence of the muscles in maintaining the proper position of the articulating surfaces, is exemplified in the elongation of the ligaments of posture-masters, rope-dancers &c. whose occupations lead them, from an early age, to distort their limbs and trunks in a most extraordinary manner : for example, to hang their legs on their shoulders and walk upon their hands, the difficulty of which will be seen by trying to do it on the skeleton. The ligaments are, in these people, greatly stretched, and the connexion of the bones must mainly depend on the power and correct action of the muscles. However, such is the tendency of parts to return to their natural conditions, that the ligaments will soon contract to their proper dimensions, whenever the extraordinary action of

the muscles ceases. When such occupations are continued late in life, the ligaments will remain in a lengthened state, the joints will be loose, and we find that opera dancers, &c. when, by age or infirmity, their muscular power has diminished, have their feet deformed, and their gait impaired.

Inequality of power in antagonist muscles is a frequent cause of deformity in the limbs and joints. As the limbs on the right side of the body are generally more powerful than those of the left, so this must be in some degree the case with the muscles, on the two sides of the spine, and in persons of weak relaxed habits may be partly the means of producing a lateral curvature. In these cases, there should be in the early stage of the disorder one general curve of the vetebræ towards one side, but this is a very rare occurrence in comparison with the number of cases where there are two, three, or four curvatures in alternately opposite directions.

Inactivity is not alone sufficient to account for that degree of muscular debility, which induces spinal deformity. In warm climates, women take less exercise than they do in this country, and yet curvature of the spine is infinitely more rare in such countries, than in our own. In hot climates, all people indulge more in a recumbent position, reposing themselves, when fatigued, as Nature dictates. With us, a girl, from the age of ten, is obliged throughout the day, to maintain a constrained posi-

tion of the body, she is not permitted to rest the muscles of the back however weary, and the admonitions of parents and tutors are unceasing to keep herself erect. In this way the muscles of the back are overstrained, and the child will take every opportunity of relieving them, by falling into those positions which afford some relief.

The comparative immunity of the higher classes of females, in hot climates, from spinal distortion, may in part depend on their freedom from the pressure of stays and bandages. Mr. Shaw has some good observations on this subject: "It is perhaps correct to say, that the less exercise a child takes, the more does it require general muscular relaxation in the recumbent position, and that the lighter and more sedentary the pursuits are, the more necessity will there be, either for active exercise or general relaxation. Thus in warm climates, where active exercises cannot be taken, the due relation of parts, or balance of the system, is preserved by great indulgence in the recumbent position."

The effects of a constrained position of the body, and of defective muscular action, are farther increased by pressure on the muscles of the trunk by stays, which, like tight bandages to a limb, tend to produce extenuation of the muscles. They act injuriously in two ways: when very tight they cause wasting of the muscles by pressure, and when very stiff they induce debility of the muscles, by relieving

them from a portion of their duty, and superseding the necessity of their action in keeping the spine erect.

The extensor muscles of the back are inserted into the tranverse processes of the vertebræ, and when those of both sides act in unison, the motion produced will be perfect extension ; but when those of only one side act, a degree of rotation, or lateral curvature, will be produced. When from any cause one set of these muscles are more frequently called into action than the other set, a tendency to curvature will be established, which, as a matter of course, will increase unless means be used to arrest it. The weaker muscles will, from inactivity, continue to diminish in force, their power of opposition will more and more decay, until their antagonists, for want of control, will at length have produced permanent contortion.

Cases are occasionally met with of excessive growth, during the continuance of febrile action. I knew a girl of fourteen, who during the continuance of, and recovery from, scarlet fever, grew to the extent of between two and three inches. The fact is difficult of explanation, but it is of too frequent occurrence to be doubted ; and it would appear that there was some relation of cause and effect, and reason to suppose that the morbific state had induced a change in the nutritive functions, with regard to the osseous system. For it is in the bone alone

that the growth occurs, all the other parts being at the same time emaciated. This state of things frequently engenders curvature of the spine, as it did in the instance here referred to.

There are few children of either sex, about the age of ten or twelve, who do not hold the body bent forwards, especially when they grow rapidly, because the muscles are weak, and the weight of the superior part is thrown on the ligaments and fibro-cartilages. As the skeleton becomes developed, and the chest enlarges, the muscles acquire vigour, they restore the spine, re-establish a proper equilibrium, relieve the ligaments, and dissipate all fear of deformity. There are few mothers who have not felt alarm under these circumstances, for the form of a child, which has afterwards been developed without the least accident. Persons who during the period of youth have suffered from protracted illness, will sometimes have a degree of this kind of deformity permanently established, and become what is called "round shouldered." These inclinations of the spine, produced by temporary debility of the muscular system, are generally forwards: but if the ligaments of one side give way to a greater extent than those of the other, in any one point, then we shall have also a lateral curvature. Such cases of trifling distortion are common, and readily yield to exercise, regulated diet, cold-bathing, and tonics. The muscles by these means acquire vigour, and re-establish

the natural direction of the bones; the ligaments being no longer stretched by the pressure of the superincumbent weight, contract to their proper dimensions; as the elongated ligaments of rope-dancers, &c. return to their wonted length, when the exercises which caused their unnatural extension have been discontinued.

Deformities occasionally result from paralysis of certain muscles, or sets of muscles. Debility and wasting of some part, often of a whole limb, will be observed, and this may be followed by distortion of the spine. Cases of this sort are often consecutive, or co-existent with a deranged state of the nutritive organs, and readily give way as these organs are restored to health. In some instances such connexion cannot be traced, and we are led to believe that the mischief is seated in the brain or spinal marrow; however in the majority of such cases, the remote cause will be found in the digestive apparatus, the nerves being the medium through which such derangements affect, primarily the muscles, and consecutively the spine.

In spinal distortion from defective, or irregular action of the muscles, the attention is first excited by the unusual projection of one of the shoulders or hips, and a disposition to stand or sit on one side. This observation will lead to an examination of the spine, and we shall generally find it taking a serpentine course. The whole of one side, most fre-

quently the right, will be fuller and rounder than natural, while the reverse will be seen on the opposite side. In distortions from this cause, there are no premonitory symptoms which would lead to an examination of the spine, before the deviation becomes obvious. There is in most cases little or no pain in the back, a weary, heavy pain is occasionally complained of, but this sort of feeling is so common during the period of growth, that it is generally unheeded.

In the greater number of these cases the lumbar region first yields to the pressure of the parts above, but this will be so slight as to escape observation, until the upper part of the spine is curved in an opposite direction, by the natural efforts to restore the balance of the body. After some time three distinct curves may be traced. One from the pelvis to the lower dorsal vertebræ, a second in an opposite direction, to the upper dorsal, and a third in the cervical region, to bring the head into its proper axis.

The thorax will be more or less distorted, one side of the chest being obviously increased and the other diminished in size, but the ribs in recent cases are not materially altered in form. Indeed it may be laid down as an established principle, that in all distortions, whether of the limbs or of the spine, from defective muscular power, the bones are not altered in their form until the deviation has been of

very long continuance. This fact is of great importance in respect to the possibility of effacing the distortion; instances have occurred in which deformities from this cause have been entirely removed, even after the growth of the body has ceased.

The pelvis is never deformed in cases originating in defective muscular action. This is a most important circumstance, and by a little attention to the diagnostic symptoms of the various kinds of deformity, much unnecessary alarm may be prevented. In all distortions of the pelvis, there will be found evidence of rickets, or other disease of the osseous system. It is well known, that ladies with considerable lateral curvatures of the spine, have very easy labours; and on the other hand, the pelvis will be very much distorted, where the spine is not at all so. The pelvis will seldom be found affected, unless the distortion of the spine began in early childhood. However twisted or curved the back may be, if the long bones of the extremities evince none of the effects of rickets, we may expect to find the pelvis free from deformity. When the curvature has been established after the age of twelve, the pelvis will seldom suffer, but if the distortion appeared before the age of five, when the effects of rickets usually take place, there will be more probability of finding a narrow pelvis. The late Mr. Shaw thus expresses himself on this subject: "I

shall even venture to say, that on prosecuting the inquiry farther, we shall be induced to conclude, that, in whatever state of distortion the spine and ribs may be, the bones of the pelvis will not be found distorted, unless there be at the same time marks of rickets in some of the long or solid bones."

Instruments for the support of the spine have been charged with producing distortion of the pelvis, by their pressure on it as a point d'appui. Whatever other mischief may result from the machinery used to conceal distortions of the spine, it has no ill effect on the form of the pelvis, if there be no disease of the osseous system, and if there is, it would be madness to use machinery of any description. In all cases of distorted pelves there will be found unequivocal signs of rickets, or other disease of the bones.

Treatment. Having endeavoured to describe those cases of distorted spine, which depend on some defect in the muscular system, we are now to speak of the treatment. It will be obvious, from the causes enumerated, whether debility, paralysis, or irregular action of muscles, that the indications of relief are, in all the cases, nearly similar, viz. to give tone and power to the muscular system generally, and to the particularly defective muscles locally. This is to be effected principally by exercise.

It is of the utmost importance, that a correct diagnosis be formed, because, the mode of treatment is essentially different in this, and the two classes of spinal distortions described in the following chapters. Nothing, for example, could be more unwise, than to prescribe perfect repose, in a class of diseases which are dependant on imperfect muscular action: from carelessness in tracing effects to their causes, and from the system of prescribing for symptoms, this has been done, and I know individuals who have been condemned to a recumbent position, for months and years, whose cases required to be met with various modifications of exercise. In slight cases of spinal deviation, from mere muscular inactivity, perseverance in a course of exercise, adapted to bring the muscles of the spine into regular action, should be rigidly enforced, not only to restore the vertebræ to their true position, but after this has been accomplished, to maintain them so.

Much has been said, and much has been written on the subject of exercises, adapted to bring into play the muscles of the spine, to expand the chest, &c.; many of those which have been recommended are good, but perhaps not superior to some of the old English games, which in former times young ladies were permitted to indulge in. Few will dispute the point, that most of the old games were far more consistent with female delicacy, than many of

the modern gymnastic, and callisthenic exercises, which are better calculated for rope-dancers, and posture-masters, than for delicate females. Many of those exercises are partial, and tend to the development of particular muscles, which is a kind of beauty by no means desirable for a young lady. Some of them are too violent, absolutely amounting to very hard work, and if long continued must induce diseases, similar to those which afflict the hard-working classes of the community. But others of them are unquestionably beneficial to health and strength, and are well calculated to be of service in particular kinds of deformity.

Like most novelties, gymnastics attracted much attention on their first introduction into this country: some accidents occurred from the injudicious and indiscriminate employment of them, and they have lately been gradually sinking in estimation, many schools in which they had been adopted having relinquished them. This neglect will be as unwise, as was their too general use at first, for a good selection of them under proper regulations, would tend much to improve the form and vigour of the body, as well as the general health.

In France gymnastics have been employed to a much greater extent than in this country; not only are they prescribed in cases of deformity, but children of weakly habits, convalescents, hypochondriacs, and other invalids, are sent to the gym-

nasia, instead of the chemists, and exercise is considered as a better tonic than quinine. In the numerous establishments on the Continent, for the cure of deformities, every variety of exercise, which could be contrived, has been employed and apparently with great success. Among the plates of Delpech, will be found representations of the positions in which his convalescent patients are required to place themselves, many of which would accord very well with lads who were intended for the sea, but are preposterous in the persons of growing girls. However, some of these exercises may be employed with great advantage in spinal distortions, but they should be regulated to the strength of the individual, and varied according to each particular case.

When curvature of the spine is attributable to carrying weights on one arm, to peculiar attitudes, or other habits, these must of course be discontinued, and in slight cases, the causes being removed, the effects will cease.

We can never expect that stays will be relinquished; such is the force of habit, that few women could dispense with them without great inconvenience, It is commonly considered, that if stays are not stiff they can do no mischief, but perhaps more ill effects are produced, if they are too tightly laced. Although they may be considered but as secondary causes of muscular debility, and if worn sufficiently

loose to permit exercise, and allow a proper play of the dorsal muscles, they may not be so injurious as thought by many, yet we know that tight bandages, long worn, will produce extenuation of muscles. The bad effects of tight stays, and the necessity of continuing them when the habit has been long established, I have lately seen illustrated, in a manner by no means uncommon. At a certain time of life, ladies often relinquish that extreme anxiety about their figure, which formerly had perhaps absorbed too much attention. The stiffness and tightness of their stays, being no longer considered of importance, are diminished; in consequence of the removal of the accustomed mechanical support of the spine, curvature soon becomes apparent, and a figure which, at thirty, was admired for its beauty, shall at forty be extremely crooked.

The slight anterior curvature, which constitutes what is called a stoop, is readily removed by proper exercises, but the means frequently made use of increase it. A weight hanging behind to keep back the head, calls into unusual action the anterior muscles of the neck, and still farther increases their relative disproportion with their posterior antagonists, so that when the weight is removed the stoop is worse than ever. The collars in common use, for the same purpose, are equally injurious; they relieve the muscles of the back from all exertion, by preventing the possibility of their action, and

thus increase the mischief they were intended to remedy. The plan of carrying on the crown of the head a weight of any description is of service in these cases, by calling the muscles into action to preserve a true balance, and when sufficiently persevered in, will effect a cure by strengthening the muscles. A cord attached to the head by means of a band, and passing through two pullies, having a weight at its other end, is also employed for this purpose. The head being moved up and down, exercises the muscles of the back, and the weight to be raised should be gradually increased as the muscles improve in vigour. One of the best exercises consists in pulling by the extended arms at two handles hanging from the ceiling, or other elevated position, by cords passing through pullies having proper weights attached to the other ends. This exercise is very useful, as it may be employed either in a standing or a recumbent position. Where any degree of perseverance in exercise is observed, the health speedily improves, and, if the diet be at the same time judicious, little or no medicine will be required. The great desideratum in these cases is perseverance, with it almost all may be benefited, but without it no method of treatment will avail. In the exercises usually adopted, it is essential to fix the pelvis, in order that the body should bend at the loins and the muscles of the back be

called into action, otherwise the whole trunk with the pelvis, will move on the heads of the thigh-bones. This circumstance will also point out the absurdity of expecting benefit to result from exercise while the patient is wearing a steel support, the very object of which is to fix the spine immoveably on the pelvis, and thus prevent all possibility of exercise to the muscles of the back and loins. When a mechanical support is used, it should be in the intervals of exercise alone, to be taken off on every occasion when the exercises are resumed.

By perseverance in a system of judicious exercise, alternated with repose, lateral curvature dependent on muscular debility may be removed in most cases and benefited in all. But these means should be employed as early as possible; the longer the parts have been allowed to retain their unnatural positions, the more difficult will be their restoration, for there is a constant tendency in distortions of the spine to increase. We have only to look at the vertebral column, to be satisfied of the certainty of an increase of any existing curvature:—In the natural condition of the spine, the base of every vertebra rests firmly on its successor: but when any part of the spine deviates to one side, the tendency of the upper vertebræ to slip is obvious, the basis of support being lost and the chain of bones only kept

together by the ligaments and muscles. From this consideration also, it is obvious that children can never outgrow these distortions.

In recent cases of lateral distortion, it is still too much the fashion to increase the stiffness of stays, and to employ steel supports and bandages, which undoubtedly improve the appearance of the figure and conceal the distortion, but do worse than nothing with respect to the cause of the evil. These means are useful adjuncts to the treatment, they support the spine in the intervals of exercise, and thus relieve the irksomeness of long-continued recumbency; but their inefficacy in the cure of deformities has been sufficiently exposed by their frequent failures. Exercises judiciously applied according to the variety of distortion, the occasional use of collars and supports for the spine, attention to correct improper attitudes in sitting, standing, or sleeping, are the essential means for relieving recent cases of lateral, or anterior curvature from defective muscular action.

In cases of some standing, where the contractions of the muscles and ligaments have fixed the deviation of the vertebræ, more or less rigidly, we shall be obliged to use mechanical extension, before we can hope for much benefit from exercises.

Much prejudice prevails among English surgeons with regard to the employment of machinery, to extend the spine. In careless and ignorant hands, it is unquestionable that unfortunate accidents have

occurred, but we ought not to reject a most valuable means of removing some of the greatest of human misfortunes, because it has been abused. In France, mechanism is applied to distorted spines, with immense benefit, and some of those practitioners in this country, who have acquired eminence for the treatment of this class of disorders, are indebted for their success to extension of the vertebral column. It is a most powerful auxiliary, and numerous cases of spinal deformity present themselves, which cannot be benefited, without the use of machinery, to overcome the contractions of the muscles, ligaments, and fibro-cartilages. All fibrous structure contains within itself a principle, by which it constantly contracts, when there is no resisting influence. If the fixed extremities of muscles, or ligaments, are by any means brought nearer together than natural, the opposite force, which should hold them at a proper distance being lost, the muscles, or ligaments, so circumstanced, will contract, and continue to do so: but separate their points of insertion, keep up a proper degree of extension, and the shortened fibres will gradually recover their normal length. This principle has long been acted upon, in the treatment of club-feet, and contracted joints. So long as anchylosis is incomplete, and the rigidity depends on contraction of muscles or ligaments, we know that, by extension and exercise, we can overcome it; in true anchylosis, dependant on union of bone,

remedial attempts would be worse than useless. These observations equally apply to curvatures of the spine; while there is no bony anchylosis, we may confidently anticipate a perfect restoration.

In the application of machinery to the spine, the danger to be feared, is injury to the spinal marrow, but such accidents can never happen with common care. In the process of hanging, death is produced by suffocation, and cases have occurred where, by some means, the trachea has escaped compression, and a person has survived an hour's hanging, although the weight of the lower parts of the body must have considerably stretched the vertebral column.

The employment of machinery to extend the spine, is the great secret of cure in bad cases of curvature. The means used for this purpose are of less importance than prudence and care, in their management. I prefer making extension with the patient in the horizontal position with the face downwards. The head and shoulders being fixed by proper pads and bandages to the head of the bed or sofa, extension is made by a screw or a pulley at the foot, communicating with straps attached to the sides of a bandage which surrounds the pelvis. The instrument which I employ for this purpose is on the principle of the common tourniquet, but the compound pulley answers the purpose sufficiently well. The wood-cut in the last chapter, repre-

senting the bed employed by Delpech for this purpose, will give an idea of what is requisite. The essential points are, the head apparatus, the bandage round the pelvis, and the straps leading to the screw or the pulley at the foot of the bed: the lateral bracings to act upon the alternate curves are superfluous, and I should think must occasionally be mischievous. Instead of extending the spine from the head, I sometimes employ a well-fitted bandage, like the upper half of a pair of stays, to fix the superior part of the chest by means of straps passing over and under the shoulders to the head of the bed: where the principal curve is in the lower dorsal or upper lumbar vertebræ, it is probably better than including the whole column in the extending apparatus. It is in my opinion much better to act on the pelvis directly by the bandage as above described, than by drawing from the feet or ankles which is adopted by some practitioners. The ingenious couch of the late Mr. Shaw can only be of service from extending the spinal column at the point of curvature; and, as far as my experience goes, this is more effectively accomplished by the more direct and undisguised method I have attempted to describe.

If we find that the curvatures may be even partially removed by extension, our prognosis will of course be favourable. If there is no complete anchylosis, if the ribs are not greatly altered in shape,

we may confidently expect to palliate the deformity, to improve, at least, if not to restore the shape to its natural proportions. What may be effected by perseverance, even in inveterate cases, is truly astonishing, but it is only by rigid adherence to rules, and faithful attention to them on the part of the patient, that we can hope for success in such cases. The earlier an attempt is made to cure deformity the better, but there are few curvatures, originating in muscular derangements, which cannot be entirely effaced before growth has ceased, and many old established cases have been cured, even some years after this period.

The great difficulty of treating this class of spinal distortions, consists in the necessity of removing the weight of the body from the vertebral column, and at the same time of using such exercises as will remove the evil by strengthening the muscles.

The plan of treatment which I adopt in these cases of course varies according to the stage of the malady, and the progress it has made. Exercises adapted to the strength of the patient are recommended, and in the intervals of exercise the recumbent position is strictly enforced. The facial recumbent position is advised, not only for the purpose of friction to the muscles of the back, but because it appears to me that the spine is made more straight by the natural efforts than in any other position. I therefore enjoin recumbency

with the face downwards, from half an hour to one hour thrice daily; and that during this period friction, &c. be employed. In long established distortions, the spine is at the same time extended by the machine before described, or by the pulley affixed to the end of the bed or sofa. Exercise and rest should be used alternately for a period proportioned to the strength: when the body is not in exercise, lying down is essential, because the weight of the body at rest is thrown entirely on the ligaments, which are weak in all these cases; in exercise the curvature will be observed in many cases entirely to disappear, because the muscles being called into action, uphold the spine in its natural positions. Rest must therefore be enforced, until the muscles have acquired that firmness necessary to aid and assist the ligaments, and the latter are strengthened, as they always are, by exercise. If the health is disordered, it must of course be attended to; alteratives and tonics will often be required, and bathing will always prove highly beneficial, more especially the shower-bath; and on the continent the exercise of swimming has been adopted with great success. Both dancing and horse exercise will be found useful; in fact, any modification of exercise the strength of the patient will admit of, the more agreeable the better, and those which can be taken in the open air the best; always assuming the recumbent position the instant that active exertion terminates.

It will be necessary to vary the exercises according to circumstances, and any person of common ingenuity will be able to invent something to meet the peculiarities of each individual case. Patients who are not yet old enough to estimate the value of a good figure, and who are not prompted by such considerations to adhere to the rules laid down, must be induced to persevere by novelty in the exercises, and by making them, as much as possible, to resemble amusements.

In slight and early distortions, some attention should be paid to position during sleep, but in advanced or old cases this is essentially requisite. Means for retaining, during the night, the advances made in the day must be adopted. Stiff stays or steel supports will, in some cases, be sufficient; in others, extension of the spine must be continued throughout the night. In Dr. Darwin's Zoonomia is a good expedient; he recommends a bed inclined twelve or sixteen inches from head to foot, the patient's head is held by an apparatus attached to the upper part of the bed, the inclination of the body to slide down stretches the spine, and this may be farther increased by a weight appended to the feet.

In all the exercises employed, the muscles of both sides of the vertebræ should be equally exerted, as well as those of both arms. A long pole held by the hands, with the arms fully extended, and moved

in various directions, is a good modification of exercise, as is also turning a wheel by each hand at the same time.

We are recommended to make use of sheet lead, to press on the prominent part of the ribs, but where such an expedient is at all requisite, the pressure of a spring, as advised in the cure of pigeon-breast, is preferable. Advantage will be derived, during the process of extension, from the employment of pressure on the curved portions of the spine, and also on the projecting parts of the ribs. The position may be varied from the back to the face, according to the feelings of the patient.

Every day's experience proves to me the utter impracticability of removing a decided lateral curvature of the spine without mechanical extension. It would be as easy to reduce a dislocation of the femur without the assistance of art, as to correct a long continued deviation of the vertebral column without extension. In the earliest stages of the malady, exercise alone will remedy the evil, but we are seldom consulted until the curvature is confirmed and permanent; that is to say, it cannot be removed by any exertion of the patient, nor does it, as in the earlier stage, disappear while the body is in exercise, and the muscles in action. If a child with incipient lateral curvature be watched during the time she is engaged in any active and absorbing amusement, there will be no appearance of distor-

tion, and at this period judicious management will prevent the establishment of permanent curvature. But when the deformity has existed for a year or more, when it has become fixed in any degree, the ribs will have accommodated themselves to the deviation, and contribute to the maintenance of it: in these cases, no variety of exercise, no kind of gymnastic, will do more than prevent farther mischief. To remove that which has become established, extension alone will be of advantage. The judicious combination of extension, exercise, and repose, will in time remove lateral distortions of the worst kind; but without unremitting perseverance they will be of no avail, for it is not in a few weeks that good can be effected in such cases; months, and even years, are required.

In all cases of spinal curvature, we should bear in mind the natural inflections of the column. The object of the recumbent position is to afford repose to the muscles by supporting them: all muscles are in a state of relaxation when they are supported; no matter what the position of the limb, whether flexed or extended, if the muscles are horizontally supported, they cease to act. When, therefore, a person is ordered to lie on a hard mattress, we should take notice that between the occiput and the dorsal region there will be a hollow, and consequently no support; the same remark applies to the lumbar region, which will especially require a pad or

pillow to support the muscles in the natural bend of this part. Much has been said against the use of feather beds, but if not too soft, I think that in most cases, they are preferable to mattresses, for the pliability of their surface naturally accommodates itself to the inflections of the body, and every part is equally supported and at rest.

The above system of treatment is equally applicable to convalescents from other spinal diseases, but the activity of the malady, whether seated in the ligaments, cartilages, or bones, must have completely subsided before we have recourse to active exercise.

The time required for the cure of spinal deformities of course varies. During the period of growth, perseverance will almost invariably insure success, and if the distortion is recent, the shape will be restored in a few months, but the exercises must be continued afterwards to prevent a relapse. Even when the growth has ceased, if no absorption has taken place in the bones, if they have not yet been rendered cuneiform by pressure, we may sometimes succeed in removing the deformity entirely; but it is obvious, that when the osseous system is much implicated, a complete cure cannot be effected, and some degree of deformity must remain for life.

CHAPTER X.

Of Disease of the Fibro-Cartilages, as a Cause of Spinal Distortion.

In the disease which I am about to describe, the intervertebral fibro-cartilages undergo a peculiar change, they become tumid and soft by an alteration of their tissue, or an infiltration into its texture, of a jelly-like matter. This affection of the cartilages is frequently confounded with that of the bones, described by Pott: both diseases occur in scrofulous subjects. Caries of the bones is sometimes a consequence of diseased cartilage, while ulceration of the cartilages in other instances, is the effect of carious vertebræ. The best account of this diseased state of the cartilages is given by Delpech: Dr. Jarrold of Manchester has also described a similar affection. The subject, however, is still enveloped in much obscurity, and it is extremely difficult, especially in the early stages, to distinguish disease of the fibro-cartilages from that of the vertebræ.

This malady is very insidious in its approaches, in its early stages it is often unnoticed, or the symptoms are referred to disturbance of other organs. It

occurs most frequently in strumous habits, or in constitutions partaking of the lymphatic temperament. The most frequent subjects of it are weakly, pale, sickly girls, about the age of puberty, who have been tender from their infancy, and whose constitutions are so delicate that they are liable to disturbance of health from trivial causes. In such subjects, complaints are too often disregarded, or considered mere effects of rapid growth: any alteration observed in their gait, is often attributed to inequality of growth in the lower extremities, the manner of progression in the early stage of this disorder, having precisely the appearance of one leg being longer than the other, and requiring to be dragged after. However, long before the occurrence of these or other symptoms, which would lead to apprehension for the spine, the individual is liable to slight attacks of fever, general malaise and disturbed health, hardly amounting to positive illness, and which is often disregarded from an unwillingness to complain, and a difficulty to describe what is really felt.

So little do the early symptoms of this malady lead to a suspicion of its real nature, that a decided curvature of the spine is often established, before it has been thought necessary to consult any medical authority. It is then ascertained that the health has long been in a precarious state, that the patient has been subject to repeated febrile attacks, dis-

ordered digestion, cough and other symptoms ; but so trifling has been the pain or uneasiness in the spine, that no suspicion existed of this part being the primary source of the disturbed health. Among the remedies usually applied to such derangements, a recumbent position is instinctively adopted by the patient ; the symptoms are thus alleviated, and sometimes removed, to be reproduced by the weight of the upper part of the body or other exciting cause operating on the diseased cartilages.

If we are consulted at an earlier stage of the malady, we shall often find that pain may be produced by pressure on the spinous processes of one or more vertebræ, and a hot spunge passed along the spine will produce heat and pain in the immediate seat of the disease. The pain is usually described as heavy, dull, aching, very similar to slight rheumatism. By bending the body forwards, some of the spinous processes will appear to project more than others, stretching the skin and making it appear white and shining over their points ; the spine will be found to deviate from the straight line, but is readily reduced to its proper form, by gentle extension in the recumbent position. Great fatigue is now induced by little exercise, the patient takes every opportunity of reclining, and if this posture be much indulged in, the progress of the malady will be retarded ; but if the patient continues to walk about, and the superincumbent weight is con-

stantly bearing on the diseased cartilages, the curvature will increase with more rapidity.

The first stage of this disease is a slow, or scrophulous inflammation of the fibro-cartilages, the result of which is tumefaction and softness of their tissue. In many instances, the progress of the disease is extremely slow, but any derangement of the constitution, any accidental fever or other complaint, will call the mischief into full activity. It is under such circumstances that a fall, or other injury, may appear to be the exciting cause, and generally bears the imputation of having solely produced the distortion. In the greater number of cases, the disease continues its progress unobserved, until the attention is called to an unnatural elevation and protrusion of one shoulder, when a key to the disordered health is discovered. If the progress of the malady be not now arrested, the symptoms become aggravated; pains are felt between the shoulders, which are carried forwards in search of an easy position. The effect of this slowly progressive inflammation of the intervertebral substance, is to soften its texture and destroy its elasticity, so that when the spine is acted upon by the muscles, it no longer retains the power of returning to its natural position, and a curvature is formed.

In this class of spinal distortions, the muscles may be the active means of drawing the spine out of its position, but the cause of the malady is not with

them, they act in the same way they always have done, but the healthy condition of the cartilages being destroyed, that re-action which opposed the muscles is lost. While the fibro-cartilages were sound they counteracted the efforts of the muscles, and by their elasticity restored the vertebral column to its proper position; but this elasticity being lost, the vertical condition of the spine can be no longer maintained; it gives way to one side, most commonly the right, possibly bcause the muscles of this side are the most powerful, and the common attitudes for drawing, writing, &c. tend to elevate the right shoulder. A slight distortion being established, it continues to increase, not only by the contraction of the muscles, but also by the weight of the body, and a second and third curvature will be established to restore the head and trunk to the centre of gravity. Thus we have a lateral curvature established. In some cases of this malady the spine is curved forwards, and in others there will be a complication of both descriptions of distortion. On the subsidence of the inflammation and tumefaction of the cartilages, and when these substances contract, which they always do after the active stage of the disease has passed away, if the patient has much indulged in the sitting posture, with the body bent forwards, the fibro-cartilages will be reduced to the shape of a wedge, and an anterior curvature of the spine will be established.

In many of the preparations of distorted spine, preserved in museums, we find the bodies of the vertebræ very little, or not at all, changed in form; the altered dimensions of their intermediate spaces being sufficient to account for the tortuosities of the whole column. In recent morbid specimens of this kind of distortion, the difference in the thickness of the fibro-cartilages from one side to the other is very perceptible; but, in those where the soft parts have been destroyed by maceration, it is sometimes difficult to judge of the real nature of things; however, we sometimes meet with preparations where the vertebræ are held together by exostoses, and the vacant intervertebral spaces give the idea of an interposed body, the thickness of which was greater in some points of its circumference than in others. In many cases this oblique form of the cartilages is in harmony with the general curvature of a whole region of the spine. In the dorsal region, where curvatures from this cause most frequently occur, the thickest part of the fibro-cartilages will be on the right and the thinnest on the left. Where there are two curvatures in opposite directions, the difference of thickness in the circumference of the cartilages follows the course of the inversion; thus in the loins, where the curvature is in the opposite direction to that of the back, the cartilages will be thickest on the left side.

In the majority of anatomical investigations, the

intumescence has been found to affect several of the intervertebral cartilages, but in some instances it is limited to a small number of them. From the manner in which these cases proceed, it would appear that the affection has its origin in one point of the spine, from whence it spreads to others; however, the disease will sometimes attack a large portion of the column simultaneously.

Unfortunately, the early symptoms of this malady are very equivocal, and many of them are equally characteristic of other derangements. Sometimes there will be fixed pain in one or more points of the spine, but it is often so general that the precise seat of the disease is but vaguely indicated. Sometimes the only pain felt is in the epigastrium or flanks.—The first deviation is very indistinct; the direction is determined by the greater or less thickness of any point of the circumference of the fibro-cartilages; from which circumstance we have in this disease distortions in every direction before or behind, but most commonly to the right or left. If at the same time any cause of complication exists, as inequality in the length of the lower extremities; a cicatrix on the external surface, or within the chest; a constant and peculiar attitude: any of these may determine the direction in which the distortion shall take place. The deviation is, at its origin, not only slight but disappears when the patient is in bed; is not at all apparent in the morning, and makes but slow ad-

vances, if the principal functions, especially the digestive, are correctly performed: it increases rapidly under the opposite circumstances, and may be traced in its progress to other vertebræ, above and below the primary point of attack.

According to the observations of Delpech, the vertebræ in this form of disease may be moved in a horizontal direction, that is to say, by pressing on the spinous processes the bodies of the vertebræ may be forced inwards, in consequence of the thickening and extreme softness of the fibro-cartilages, and the relaxed state of the ligaments. I have never had an opportunity of verifying this observation, which is very important, for if it be correct, a partial luxation of the cervical and lumbar, if not of the dorsal vertebræ, may be readily supposed to occur, and the views of Dr. Harrison deserve more attention than they have received. Delpech relates cases where one or two vertebræ deviated in an opposite direction to that of the general curvature, which are in fact examples of partial luxation.

In children of scrofulous constitutions, this disease will attack the whole course of the intervertebral cartilages: the little patients are fatigued by the smallest exertion, they like repose, and take no part in the exercises or amusements of their age. They suffer from frequent and inexplicable derangements of the digestive functions, palpitation of the heart, oppression and pain at the epigastrium. They

avoid bending the body in any direction, and the expedients made use of when they cannot avoid it, are often remarkable. In walking they will stumble frequently, and feel pain in the back, which pain ceases as suddenly as it occurred, and of which the patient cannot always indicate the seat with precision. If pressure be made on the spinous processes of each vertebra in succession, pain will be felt in one or more points, and sometimes an almost epileptic seizure will be experienced, accompanied with convulsive actions of the upper and lower limbs. If this examination be made while the patient is standing, he will sometimes fall down at the moment when the pressure is made.

Spinal curvatures from this cause are most readily multiplied, on account of the unusual mobility which the tumefaction and softness of the fibro-cartilages produces in the vertebral column. It is important to ascertain all the inflections of the spine, in order to meet them by proper modes of treatment, but it is often difficult to make out the whole extent of the malady. Curvatures backward are long before they are remarked, are difficult to distinguish, because the spinous processes and the posterior plates of the vertebræ, prevent such deformities from becoming extreme. Very particular attention is required, to detect the existence of a concave point, in the posterior region of the spine: we should bend the body forwards, and we may then discover if there is any

break in the great arch which the spine should form in that position.

Some lateral distortions from thickening and softening of the fibro-cartilages are very complicated; not only does the alternate play of the muscles, to establish the equilibrium, singularly vary and multiply the inflections of the vertebræ, but an unequal thickness in any one or more of the intervertebral spaces may at that point produce a deviation in an opposite direction to the rest of the curvature.—Delpech states, that he has met with five or six opposite curvatures in cases of this nature, which he attributes to the circumstance of some of the fibro-cartilages being more diseased than others, and the corresponding vertebræ are consequently forced by pressure in an opposite direction to the rest. Incurvations of this kind in the upper part of the dorsal region are often difficult to detect, because, if they are not very considerable, they are easily concealed under the displaced shoulder-blades.

Although produced in the first instance by tumefaction of the fibro-cartilages, long-continued deformity from this cause induces atrophy of these same parts, and the pressure will then be directly on the bone. Amongst the distorted spines, preserved in museums, will be found many specimens exhibiting this absorption of the intervertebral substance, the vertebræ being in juxta-position with little or no alteration in their form.

Diagnosis.—Careful investigation will readily enable us to distinguish deformities from disease of the fibro-cartilages, from those originating in defective muscular action. The weary pain sometimes complained of in distortions from muscular debility is relieved by exercises, which would increase pain that was dependent on chronic inflammation of the intervertebral substance: the pain in the former cases is never so great as in the latter, nor is it ever induced in the first by pressure on the spinous processes, or by the application of a hot sponge. In deformity from muscular debility, the primary distortion is in the lumbar region, which forms a gentle curve to the left, followed by a deviation of the whole dorsal region, in the opposite direction, producing elevation of the right shoulder; the curves are more regular, and implicate a greater number of vertebræ than in deformities from alteration of the fibro-cartilages, in which the primary deviation is rather a projection backwards, of one or more spinous processes in the dorsal region, complicated with some degree of lateral curvature, but the curves are smaller, less regular, and more numerous than in the former.

The health is more impaired in these cases, than in those described in the preceding chapter, the constitution often exhibits marks of scrofula: the patients are generally dyspeptic and febrile, bad sleepers, complain of a sense of constriction at the

pit of the stomach, of twitchings in the muscles of the abdomen and those of the lower extremities, with various anomalous nervous symptoms, dependent on pressure of the thickened fibro-cartilage on the spinal marrow, or, more probably, on an extension of inflammation to the medullary sheath.

It is somewhat difficult to distinguish, in every instance, the deformities which are respectively caused, by deficiency of muscular power, and disease of the elastic cartilages, but the importance of such distinction is paramount to the difficulty, and therefore we should make a patient investigation in the first instance, before we decide on the mode of treatment. We shall thus avoid the mistake of condemning a person to inactivity, in the horizontal posture, for a debilitated state of the muscles, and we shall not apply local remedies to remove inflammation, when exercise and activity are alone required to give tone and energy to the defective muscles.

Our first examination should be, to press, one by one, the spinous processes of the whole column, to discover whether pain or convulsive twitchings are produced. A second important observation consists in comparing the difference of the stature, night and morning. If the removal of the weight of the body, produced by a recumbent posture, is followed by any very marked increase of height, we may conclude that the tumefaction of the elastic

cartilages is considerable, that the reciprocal separation of the vertebræ is great, although it may not amount to the extent of admitting a sensible motion amongst them.

If it be judged advisable to use either manual or mechanical extension of the spine, it must be carefully practised, because great effects are produced in these cases, with little power, in a comparatively short time. It is obvious, that if the relaxation of the cartilages is so great as to allow any degree of horizontal motion between the vertebræ, we must not think of extending the spine, or of using any mechanical means capable of producing alteration in its form: it is desirable, before having recourse to such measures, that the diseased action of the fibro-cartilages be subdued, and that the articulations should have acquired more solidity.

This affection of the connecting cartilages of the vertebræ probably resembles those diseases we so frequently meet with in similar tissues of the knee and other joints. In this variety of distortion we have not a very frequent opportunity of verifying our observations by the morbid appearances, because the disease seldom takes away life; for when at its worst stage, the very consequence of its ravages is incapacity of motion, and this incapacity of motion places the body exactly under the most favourable circumstances for the cure of the disease by anchylosis. In some cases of caries, the disease begins

in the soft tissues connecting the bones, and afterwards spreads to the bones themselves, as we observe in the joints of the extremities. When the bony substance of the vertebræ is destroyed, the spinal marrow is compressed, paralysis of the legs takes place in consequence, and perfect repose ensues with much more certainty than it ever does from the injunctions of the surgeon, however positively enforced. The establishment of perfect repose gives time for the consolidation of the diseased bones into one mass, the spinal marrow accommodates itself to the new position of the parts, and the patient, although permanently deformed, acquires, if wisely treated, a tolerable degree of health and strength.

This is the farthest extent of mischief induced by chronic inflammation of the connecting tissues of the vertebræ, but it does not often proceed to such a length; the most usual consequence is a thickening of the intervertebral substance and protrusion, either backwards or laterally, of one or more of the vertebræ. However, long before any appearance of mischief occurs in the back, the patient will have suffered repeated attacks of various kinds:—affections of the pulmonary or abdominal viscera have frequently occurred and resisted the ordinary remedies; sometimes there is continual cough and expectoration, with evening fever and emaciation, giving rise to fears of consumption; in some cases the heart is affected, in others the attacks assume

the form of spasmodic asthma. When the functions of the abdominal viscera are principally deranged, we find, at times, symptoms of chronic inflammation of the liver—pain about the head of the colon is very common in many cases of lateral curvature—the functions of the stomach are generally depraved—the process of digestion always impaired, and the action of the large intestines torpid. Very often the pelvic viscera exhibit symptoms of disorder, more especially the uterus, and then we meet with all the Proteian forms of hysteria.

Two or three years will one or other of these trains of symptoms go on, sometimes alternating with each other;—apparent inflammation of the lungs will be suddenly succeeded by violent pain in the bowels, and simulated inflammatory action will appear by turns in almost every part of the body. I do not know any more important faculty which a medical practitioner can possess, than a power of minute discrimination, of seeing those small distinctions which are not very apparent to any but experienced eyes. It is of the utmost importance to distinguish these simulated diseases of the nervous system from the active inflammations which they resemble, and the points of difference are sometimes so minute, that there is often difficulty in the diagnosis. In all such complaints the spine should be examined, and so commonly is it affected in nervous disorders, that these will almost always be relieved

by local means applied to that portion of the spine with which the nerves of the affected part communicate.

The treatment of this variety of spinal curvature is very simple, and when applied sufficiently early, will prevent any permanent fixed deformity. The recumbent position is perhaps the most essential part of the treatment, inasmuch as taking off the weight of the upper part of the body will remove much irritation from pressure on the inflamed cartilages, and that peculiar feature of the disease, the distention of these tissues, will subside. It is this distention of the intervertebral substance which renders the affected part of the spine unusually flexible, so that, by moving the spinous processes from side to side, we can perceive the want of tenacity in the connecting bands of the vertebræ. The extent of curvature is generally small, and in some instances the disease has appeared simultaneously in several parts of the spine, so that its line has exhibited the utmost irregularity, while in other cases the whole of the cartilages of the dorsal vertebræ will be at the same time in a state of disease, and one large curvature either to the right or the left will take place.

Having premised the horizontal recumbent posture, not on an inclined plane, because in this position there will still be some degree of pressure on the diseased parts, we should apply leeches, not in

great numbers, (for the disease is chronic, and the patient generally bloodless,) to the part of the spine which exhibits pain on pressure. The application should be repeated daily, or every two or three days, according to circumstances. Blisters are useful, but not to the same degree as the repeated application of leeches or cupping. Caustic issues always do mischief—in almost every instance that I have watched where caustics have been made, the irritation to the system has been most injurious. I have been obliged to allow the issues to be healed—from the suffering they produce. The subjects of these spinal diseases are generally of a very sensitive, irritable habit; their nerves appear to feel more acutely than the generality of other persons, and the peculiarly distressing nature of their complaints render them peevish and highly susceptible. I am quite sure that unremitting rest will, in the majority of cases, supersede the necessity of issues. In young children, more especially under the age of four, caustic issues are very distressing, and I think the same remark will equally apply to setons.

In this disease the functions of the whole system of nutrition are usually impaired—the stomach, the duodenum, the liver, the intestines, all are deranged. The stomach either does not demand food, or what it craves for is improper—the abdomen is large, and the intestines distended with flatus—the evacuations

are dark green, clayey or otherwise removed from a healthy condition. The large intestines are often torpid, allowing of large accumulations of fæces. It is neglect of these important matters which in some cases may lay the foundation of this disease; and what disease does not long-impaired digestion tend to produce? There cannot be a doubt, that if the functions of digestion are kept in tolerable order, many constitutional diseases may be kept in check, and however weakly the constitution, by due attention to the primary sources of life, which are those organs that convert the food we take into living matter, we can command a degree of health sufficient to render life very bearable. Nine-tenths of the diseases with which we are affected originate in disorder of the functions, or disease of the organs of nutrition; and the other tenth if they do not originate in disturbance of these organs, are at least accompanied by it; in a few words, health cannot exist unless these organs perform their duty properly, and no disease of any importance can be established if they do.

Very long before the appearance of this variety of lateral curvature, if the evacuations from the bowels and kidnies be noticed, ample evidence will be found of disorder, and perseverance in means to improve the action of the organs of nutrition, combined with a due observance of the horizontal posture, will alone remove the spinal disease. We shall

very commonly find tenderness in the right hypochondriac region, arising often from torpidity in the action of the ascending colon, the mechanical action of hardened and accumulated fæces inducing a chronic inflammation of this gut, and the neighbouring parts of the liver, &c. I met with this state of things very lately in a boy of fourteen, where the spine formed an arch deviating an inch from a plumb-line suspended from the neck, that is to say, the string touched the spinous process of the last cervical vertebra, and hung exactly over the same process of the third lumbar, all the intervening vertebræ forming an arch to the left side, the central point of which was one inch from the line. In this case active purgatives and glysters removed from the bowels a mass of fæces black as pitch, nearly two feet in length, and of large diameter, being in fact a mould formed by the large intestines, and probably the accumulation of months, the daily evacuations passing over its surface, and being scanty, ill-conditioned, and horribly offensive. There may, perhaps, exist a doubt whether in this case the primary source of disease was in the spine or the organs of digestion; in my own opinion, the affection of the spine resulted from long-continued derangement of the functions of nutrition. By frequent purgatives and glysters, with five grains of blue-pill and five of ext. of hyosciam. every second night, the action of the bowels was improved, and afterwards, by the

administration of quinine, the powers of digestion were strengthened;—these means, and perseverance in a simple plan of diet, re-established the health; proper exercises were afterwards adopted, and in six months all appearance of spinal curvature had disappeared.

This disease does not amount to acute inflammation, but is characterized by an increase in size, of the vessels, and an infiltration into the tissue of the cartilages, a condition which probably constitutes what we term sub-acute, or chronic inflammation. This state is succeeded by slow ulceration or absorption, not only of the structure of the fibro-cartilages, but ultimately of the bones; such a state of things is always to be feared, and is to be prevented by repose, local abstraction of blood, alterative aperients, and counter-irritation.

It will be proper to extract blood, by cupping, or leeches, in the neighbourhood of the disease, and more advantage will be derived from their repeated application, than from one large bleeding, for it must always be borne in mind, that individuals most liable to this complaint, are not subjects to bear the loss of much blood. All chronic inflammations are to be removed by degrees, their inroads are slow, and their removal is almost equally so; by the repetition of small bleedings before the vessels have had time to become again distended, we may keep up the tonic power of their coats by frequent diminu-

tion of their contents. We shall thus induce a more healthy action, and restrain that debility, which permits exhalent or other vessels to carry red blood, contrary to their healthy condition. Perhaps the term inflammation is an improper designation for such a state, and it is in consequence of ignorance of the real nature of such derangements, that we employ the word. How essentially distinct, for example, are acute and chronic inflammations of the serous and mucous tissues: they are, in fact, totally different diseases. We want a term to designate that state which is called chronic inflammation, and which is, in many instances, no inflammation at all.

In acute inflammation, we succeed in arresting its progress, by one or more large bleedings; it is as suddenly checked as it arose; but in chronic diseases, reason dictates, and experience proves, that small and repeated bleedings are more beneficial. A disease that has taken some time to be established, is not to be removed quickly; we can only expect to undermine it by gradual means. In all chronic inflammations, though there may be local fulness, or irregularity of circulation, there is weakness in the general system that ill bears the loss of blood: and it is on this principle perfectly rational to bleed locally, and administer tonics at the same time. The disease of which we are treating, and many other chronic affections, may be cured by no other

means than repose, and small repeated bleedings, of four or six ounces, every second or third day. I cannot help deviating from my subject, in urging the efficacy of this mode of treatment in many glandular enlargements, and other results of chronic or specific inflammation. By small repeated local bleedings, with attention to diet, and repose of mind and body, we may keep in check, relieve all, and cure many, chronic diseases. The great difficulty in such cases is to obtain a sufficient degree of the confidence of patients and their friends, to induce them to pursue a process, which produces its good effects, only by long-continued perseverance and patience. The mass of mankind believe, and will continue to believe, that there is a specific remedy for the cure of every malady. Persons of all ranks afflicted with chronic diseases, run from one medical practitioner to another, from these to quacks and nostrum-venders, until life is cut short, perhaps as much by the multifarious remedies employed, as by the disease: under a more simple mode of treatment, with quietude and regularity of living, the malady, if not cured, might be kept at bay, and a sufficient degree of health established for the enjoyment of many year's existence. Health is too often not valued for itself, but as a state which permits indulgence, and sensual enjoyment; and as the greater part of mankind seldom think for themselves, they are always ready to listen to any one who pretends to possess a secret, by which disease may be speedily removed.

But to return to the treatment of this peculiar affection of the fibro-cartilages: after the repetition of several small bleedings, by cupping or leeches, a small blister should be applied on each side of the principal focus of the malady, and be kept open, or repeated, according to circumstances. Conjoined with the local treatment, we must pay due attention to the general health: the digestive organs, will be benefited by mild aperients, and alteratives: small doses of hydrargyri cum cretâ, with rhubarb, to children;—pilula hydr. and rhubarb: decoct. aloes comp. to adults, will be useful medicines for such purposes. These and other medical means, to improve the action of the various functions, will be required, but our chief dependance for the restoration of health must be on a well-regulated system of diet and regimen.

In this disease of the fibro-cartilages, although the vessels of the part may be enlarged, and a morbid action established that will sometimes require small local bleedings, yet the general system will be benefited by any means which invigorate, and such improvement of the health will of itself put a stop to the malady. Such diseases, although designated "inflammatory," are often removed by means which ought to increase inflammation. It is well known that chronic or scrofulous action may be subdued by tonics, and many practitioners confide in the various preparations of iron for the removal of this

class of disorders. This peculiar affection, and many others dependant on scrofula, will be eradicated as the action of the digestive and nutritive functions are improved by alterative aperients and a regulated diet, and the general health re-established by tonics, and exercise where it can be employed. The diet must be modified to the peculiarity of the individual stomach prescribed for; generally speaking, the principal meals should consist of meat and stale bread, with no other vegetable matter: a moderate quantity of diluted wine will promote digestion, and thus invigorate the system.

When all pain in the seat of the disease has subsided, friction along the whole course of the spine, will be useful, and camphor or other liniments may be employed: vapour impregnated with different substances, or simple steam, which is perhaps equally efficacious, may be directed to the spinal region. In cases which have resisted other treatment, moxas have been burnt over the seat of the disease, and are in my opinion superior in efficacy to either caustic issues, or blisters: there appears to be something peculiar in the action of fire on the skin, different from simple irritation produced by other means, and its effects are often more beneficial than other counter-irritants, though it may not be easy to explain why.

Tonics form an essential part of the treatment of these maladies, and the various preparations of iron

are extremely beneficial. Carbonate of iron combined with carbonate of soda, is a useful combination: alkalies being very excellent remedies in this class of diseases, as they are in all constitutional affections, more or less allied to scrofula.

When all symptoms of inflammation or tumefaction of the fibro-cartilages have disappeared, we must have recourse to exercises, upon which our great dependance must rest, not only for removing the existing, but for preventing future deformity. The modes of exercise described in the preceding chapter, are equally applicable to convalescents from disease of the fibro-cartilages. It is in the deformities resulting from this affection that mechanical extension of the spine, and pressure on its curvatures, have been so successfully employed by Delpech, and other continental surgeons.

CHAPTER XI.

Of Disease of the Vertebræ, as a Cause of Spinal Distortion.

In this disease there is an approximation of the upper to the lower part of the spine, in consequence of softness, gradual absorption, or caries, of the vertebræ. The bodies of these bones are either too soft to bear the weight of the upper part of the body, which crushes them, and causes their absorption; or they are destroyed by ulceration, and the upper extremity of the diseased portion of the spine is brought into juxtaposition with the lower. In this manner a hump is produced posteriorly, varying in size and shape according to the degree of destruction of the bodies of the vertebræ, and the number of these bones implicated in the malady. In some cases, the disease will be arrested, when only a superficial layer of the anterior part of the bodies of several vertebræ shall be removed, under which circumstance there will be little or no distortion of the spine, or only a very slight curvature forwards: in other cases, the whole of the bodies of one or more vertebræ, are totally destroyed, when the spine

will project backwards, forming the segment of a circle, or an angle. In these latter cases, the happiest result is anchylosis, and the spine remains for life permanently deformed. The projection is produced more gradually, when the disease occurs in the dorsal region, than in the lumbar: one or more spinous processes are observed to protrude, and are followed by three or four above or below. The transverse processes project on each side of the spinous, elevate and stretch the muscles and integuments, producing an arch from side to side, of which the spinous processes form the centre. Although the leading character of the deformities produced by this disease, is inflection of the spine forwards, in many instances there is also some degree of lateral curvature.

The early symptoms are so equivocal, that the disease is often overlooked, until the deformity makes its appearance. In some cases, there is considerable pain experienced in the vertebræ, in others little or none, unless they are much pressed on, and even this often fails to produce any uneasiness.

Persons of all ages, are liable to this disease. When it occurs in infants, it is unobserved, until about the period when they should walk; and then, too often, the child is merely considered backward, and the malady is left to continue its uninterrupted course. When it attacks children who have walked, the loss of power in the legs is gradual, they are

easily fatigued, languid, unwilling to join in their usual games: the little patients often trip without any apparent cause, their legs get entangled, and frequently throw them down: when they try to stand erect without support, the knees give way and bend forwards: the ankles are often rigid, and the toes pointed downwards. At a later period the sufferer is unable to direct his feet to any precise point, the legs and thighs waste, become cold, insensible, and totally useless for locomotion. In adults the progress of the disease is more rapid, but in other respects similar: they will describe the earliest symptom to have been, a sense of weakness in the back, accompanied with dull, heavy pain, often ascribed to rheumatism. They will complain of lassitude, rendering a small degree of exercise fatiguing: of coldness in the thighs, not owing to the weather: of diminished sensibility, twitchings in the muscles: constriction at the pit of the stomach, and disordered respiration. These symptoms are followed by paralysis of the lower, rarely of the upper, extremities, and of the bladder and rectum. However, I have very lately seen a case in a child of about five, in which the third and fourth dorsal vertebræ protruded considerably, before any appearance of ill health occurred, and I found the child on my first visit, running about in high spirits.

In our examinations of the spine we should always bear in mind the natural inflections of the column;

that the spinous processes of the cervical and lumbar vertebræ are horizontal, while those of the dorsal vertebræ are inclined downwards, each being covered by the one above it; that the spinous process of the last cervical vertebræ naturally projects farther than the others, and has been mistaken for a morbid appearance.

The symptoms accompanying this disease of the spine will vary according to the region in which it is seated; the functions which are disordered being connected with the affected part through the medium of the nerves. If the disease is in the cervical region, there is pain and difficulty in rotation, and other motions of the head, and oppression in breathing will be one of the most marked symptoms. If the dorsal region is the seat of the disease, the principal symptoms will be constriction at the epigastrium, and disordered digestion. The functions of the bladder and rectum will be more or less deranged according to the extent of the mischief, when it occurs in the lumbar vertebræ. The symptoms will sometimes indicate disease within the spinal canal, without being sufficiently definite to enable us to judge precisely at what point of the medulla it is seated. In such cases our only guides are greater sensibility to the touch, or greater susceptibility to heat.

When any of the above symptoms occur, with debility or torpor of the lower limbs, the whole

spine should be carefully examined. So low is the degree of sensibility of bone and cartilage in health, and even in early inflammation of these parts, that the smallest degree of tenderness to the touch is evidence of morbid action. But even this sometimes fails to point out the seat of the malady, when we may have recourse to the expedient of carrying a hot sponge down the spine, which will often produce a very acute degree of pain, while passing over the part where disease is going on. Mr. Copeland very justly observes, that although the absence of pain on the application of heat, is not a certain evidence of the absence of disease, the feeling of acute sensation in any one part, is sufficient to mark the seat of mischief. Whatever circumstance, however trifling, leads to an accurate diagnosis of this formidable complaint, cannot be too much insisted on, at the only period when it is in our power to prevent the deformity, and other serious effects which are usually consequent on a continuance of this disease.

The condition of the lower extremities in paralysis from this affection of the spine differs from that of common palsy: the muscles have not the flabby feel of a truly paralytic limb: there is not that looseness of the joints, nor that total incapacity of resistance, which allows the latter to be twisted in all directions: on the contrary, there is commonly rigidity of the joints, especially the ankles. A sense

of stricture and stiffness accompanies every stage of compression of the spinal marrow, and is an indication that the disease does not originate in the brain : these have been shown by many writers to be constant symptoms of paralysis dependent on pressure of the medulla spinalis, as distinguished from that general relaxed state of the muscular system, in paralysis from compression of the brain. Numerous facts prove the occurrence of paralysis in this disease without any distortion of the spine. The increased thickness of the fibro-cartilages may in some cases partially press on the spinal marrow. Preparations of vertebræ exist where the whole intervertebral substance has been removed, and the bones anchylosed, without any elevation of the spinous processes, and consequently without deformity.— Many instances of this kind are recorded, where paralysis occurred without distortion.

Some of the persons suffering from this disease are totally incapable of walking at a very early period of it : others can do so by the help of crutches, or by grasping their thighs : some can sit in a chair, which others are incapable of doing : some have a certain degree of command over their legs, and can move them in bed, while others are totally dependent on assistants, for every change of position.

Mr. Copeland considers paralysis of the abdominal muscles an early symptom of the disease, espe-

cially when it occurs in the dorsal region; this is commonly described as oppression of breathing, a sensation of tightness in the region of the stomach, of a band round the belly, torpor of the abdomen, &c.; it produces costiveness, retention of urine in a more advanced stage, and other derangements of the abdominal viscera. This paralysis of the abdominal muscles, from incipient spinal disease, is said to have been for months treated as asthma, dyspepsia, and even diseased liver, from the uneasiness and sense of constriction over the regions of the liver and stomach. The functions of the colon, rectum, kidnies and bladder, being all in some degree dependent on the proper action of the muscles of the abdominal parieties, consequently suffer; these organs, at a more advanced stage of the disease, are themselves paralysed, independent of the loss of assistance from the abdominal muscles, but at this period, there can be no difficulty in detecting the malady.

In the time of Pott this disease was commonly met with, in a more advanced stage than at present, the diffusion of knowledge since he wrote on the subject, enabling the first consulted surgeon to trace the symptoms to their origin, and to apply those remedies which check its farther progress. Formerly, when the extremities began to give way, nervous debility was considered the cause, and the usual remedies for this supposed state were ad-

ministered with the effect of keeping up the inflammation, and exasperating the disease. We may congratulate ourselves on the more advanced state of surgery in our own time, which affords us the gratification of being enabled to check the progress of a malady, that renders an individual, beyond all others, a misery to himself, and a pitiable spectacle of human infirmity to his friends. It is the melancholy fate of this affection, that though it rarely kills, it produces results perhaps more to be lamented than loss of life, for it often leads its victims to struggle with long-continued disease, and even if they do recover their health, it is not before they are rendered unfit for many of the active duties of life.

It seems reasonable to suppose that all diseases of the bones are seated in the cellular, vascular, or medullary tissue lining the cells or reticulated structure, and not in the osseous matter itself. These tissues, when inflamed, sometimes furnish pus in abundance, hence abscesses; when the pus is less abundant it may be entirely removed by absorption. The cells of the bony tissue will be distended by the inflammation of their lining membrane, and, by its subsequent disorganization, may be deprived of their materials of nutrition: this will explain the total disappearance of bony substance, without ulceration, and also how in some cases, the vertebræ will be crushed by the superincumbent weight, and

sudden curvature sometimes produced. The necessity of an undeviating horizontal position is absolutely requisite, while proper means are adopted for the restoration of the health. It cannot be too often asserted, or too forcibly urged, that this affection of the bones is the consequence and not the first cause of constitutional derangement. Restore the powers of the system at large, and you destroy the disease. A state of disease, the progress of which has been slow, and so little perceptible as to escape notice, until it has made considerable advances, is not to be removed in a few days; almost as much time is required for its removal as it took to be established. We are constantly baffled in our attempts to remove chronic diseases, because our object is speed, and in many instances we relinquish our efforts, when by patience and perseverance we might have accomplish our purpose. These remarks especially apply to that state of constitution which engenders this malady, as well as to scrofula, and other causes of diseased bone. The afflicting instances of deformity resulting from the disorders of which we are treating, should operate on the minds of patients and their friends, in adopting every means to prevent or remove such melancholy accidents. The encouragement is sufficiently great, for we know that deformity may be altogether prevented if proper means are used at an early stage of the disease: when its ravages have caused ulceration or absorption of the bone,

our only attempt can be, to arrest its progress and to encourage anchylosis.

Among the cases examined after death, where the disease had not existed long, the ligaments connecting the vertebræ implicated in the curve have been found thickened and relaxed, and the bodies of the bones spongy. In more advanced stages of the malady, the ligaments become still more thickened, relaxed, and altered, the bodies of the bones more soft and spongy, and inclining to become carious. The fibro-cartilages are compressed and lessened in size. In those who are destroyed by the disease, the vertebræ are found in various degrees of ulceration, the intervening cartilages sometimes totally destroyed, sanies among the rotten bones, and effused on the theca of the medulla spinalis.

Analogy would lead us to expect, that here, as in the other articulations of the body, extensive caries has its origin, sometimes in an ulceration of the fibro-cartilages, and sometimes in a morbid condition of the reticulated structure of the bodies of the vertebræ. In many dissections, the destruction of the intervertebral substances has been found greater than that of the bones themselves; the latter having, for the most part, retained their ordinary structure and hardness, the caries being either entirely confined to, or most extensive on, those surfaces to which the cartilages had been connected.*

* Brodie.

Ulceration of the cartilages takes place prior to caries of the bones in the hip and other joints, the same occurs in the spine, and some cases of diseased bone are secondary. The analogy is even upheld by the success of the same kind of treatment, caustic issues, in both diseases. In the articular cartilages, Mr. Brodie states that ulceration may go on for a considerable time without suppuration, and it is in this stage of the disease that timely measures will prevent abscess or caries.

In some cases, caries occurs in consequence of simple chronic inflammation of the bodies of the vertebræ, and differs from that morbid condition which constitutes the true scrofulous affection of the bones. These must again be distingushed from cases arising from long-continued pressure of an abscess, which had originated in the neighbouring soft parts, or of an aneurism, or other tumor; in these we find the fibro-cartilages little or not at all affected, so that they are left projecting nearly, if not quite, of their natural size, while the bones are in a great measure consumed.

The cancellous structure of all the lumbar and dorsal vertebræ, has been found of a dark red colour, and so soft that it might be easily cut with a common scalpel, or crushed under the pressure of the fingers.

Delpech considers that the disease first described by Mr. Pott, and known by his name, depends on

a tuberculated state of the bones, having in numerous dissections detected tubercles in different stages of their progress; and he proposes to name the malady, the tubercular affection of the vertebræ.

These tubercles are sometime developed in the interior, and sometimes on the surface of the vertebræ. In the first case, no change occurs in the form of the spine, until the morbid structure, having hollowed by its development the body of the bone, forms a cavity, the walls of which become too thin to support the weight of the upper portion of the body; these walls give way, and the upper part of the vertebral column falls forwards towards the lower, forming an angle at the diseased part. In the second case the destruction operates from before backwards, or in any other direction, and the deformity occurs at a later period; in fact, not until the bodies of the diseased vertebræ are reduced to a thin shell, on the opposite point to that where the malady began. Generally speaking, the curve is forwards; but if the destruction of the bone occurs towards one side, we also shall have some degree of lateral curvature, a complication which is not uncommon.

As the malady proceeds the periosteum becomes inflamed, and in favourable circumstances furnishes materials of a new organization, by the deposition of ossific matter, which cements the two ends of the spinal division, and re-establishes the continuity of the two halves of the vertebral column. It is

obvious, that a most essential condition, towards the success of so important a process, is repose: every motion will obstruct the union of the new osseous plates or columns, with the two limits of the devastation. In this point of view, the dorsal region is the most favourable in which the disease can occur, because the ribs render this part of the spine the least moveable. The cervical region presents many unfavourable circumstances: here are no surrounding bones which can support the diseased vertebræ: the surfaces of the bodies are of small extent: numerous and powerful muscles produce, in this part, extensive mobility. Patients afflicted with the disease in this situation, commonly support the head by one or both hands placed under the chin; this attitude is so constant that it becomes an essential symptom of the malady, and an indication of its situation.

With respect to the diagnosis, to avoid repetition, I shall refer to the observations in the preceding chapter, which are equally applicable to the subject of this. The early symptoms of this disease are so very similar to those of inflammation of the fibro-cartilages, that it is almost impossible to distinguish the incipient stages of these two maladies. Fortunately the mode of treatment is equally proper in each of these diseases, and it is only important to distinguish them from the more simple results of defective muscular action. Cases have occurred,

where the spine has been forcibly extended, when the cause of the deformity has been destruction of the bodies of the vertebræ : such occurrences sufficiently point out the necessity of forming a correct diagnosis.

Treatment.—There are several stages in this disease, each requiring its appropriate treatment. The first stage will be before any deviation of the vertebral column can be detected : it is characterized by general disturbance of the health, loss of activity, debility, and some degree of emaciation, want of appetite, and many of those symptoms to which the epithet "nervous" is applied. In such cases, where we can trace these anomalous complaints to no other cause, we should examine the spine ; from delicacy and other causes this is too often neglected ; the disorder is either disregarded, or treated as nervous and hysterical, while the latent mischief in the spine is pursuing its uninterrupted course. If at this period of the disease, the vertebral column be carefully examined, we may possibly detect some irregularity, or tenderness, and further mischief may be prevented by repose, leeching, counter-irritation and gentle aperients. It is only in an early stage of this malady, that all its traces may be removed, and deformity prevented. We must pay especial attention to the peculiarity of constitution for which we are prescribing : if it partakes of that character which is

understood by the term lymphatic, tonics to the system generally will be more beneficial than local abstraction of blood: in these and scrofulous cases, the internal exhibition of steel, blisters or setons as counter-irritants, with due attention to the functions of digestion and nutrition, will be the proper line of treatment, to which must be conjoined, absolute rest in the horizontal position.

At a more advanced stage, ulceration, or absorption of the bodies of one or more vertebræ, will have taken place, and a decided curvature, or angular projection will be established. In the worst cases there will be loss of power, or total paralysis of the lower extremities, from extension of inflammation to, or pressure upon, the spinal marrow. In these cases we must have recourse to that mode of treatment, the principle of which originated with Mr. Pott: to produce eschars on each side of the curvature, by the application of caustic, or, what is in my opinion more efficacious, by moxas. In young children some practitioners prefer a seton. An immediate amendment is often perceptible, on the use of the seton or the caustic: a degree of warmth and motion is imparted to the limbs, but this does not continue, nor does any real good result until a free discharge is established. The amount of the discharge, so far from being injurious, is beneficial, health and strength improving under its influence in the removal of the dis-

case. As the discharge continues, the mischief ceases in the bones, and is followed by the deposition of new ossific matter, and anchylosis between the remaining portions of the affected vertebræ: but however perfect the restoration of the health and of the use of the limbs, the curvature must ever remain. The useless state of the limbs does not always depend on the altered figure of the spine, or of the disposition of the bones with regard to each other, as is apparent from this circumstance, that although the use of the legs is restored, the curvature will remain in the same state as when they were paralysed.

After the discharge has continued for some time, the patient evidently improves in health, begins to recover his appetite, gets refreshing sleep, and loses that distressing sensation of tightness at the pit of the stomach: the extremities afterwards recover their proper degree of warmth and sensibility, and control over the bladder and rectum is re-established. The first return of sensation and motion is rather disagreeable; involuntary and spasmodic twitchings occur, and are generally attended with pain in the muscles. The knees and ankles lose their rigidity, but remain very weak. The first attempts to walk are of course feeble, irregular and unsteady. The period of cure will vary from two or three months, to as many years. There are few diseases requiring more patience than

this: the progress of recovery will sometimes be arrested, but the numerous instances of cure at all stages of the malady should encourage the unremitted continuance of the remedial means.

The most important feature in the treatment of these cases, is absolute repose, and so essential is it, that mechanical means must sometimes be resorted to, fully to effect it. Stays are recommended by some practitioners to prevent any motion of the ribs, or bones of the spine among themselves, and may be beneficial if well made and confine the motions of the trunk, without compressing the diseased parts. The new osseous productions, which restore the continuity of the spine, are at first of a very delicate structure, and the slightest motion will endanger them. The density of the ligaments is diminished, and in cases where the abraded surfaces of the bones rub on each other, perfect immobility is most difficult to accomplish. The patient must be placed on a bed, to which his body can be fixed in an efficacious manner, and which is so arranged that his issues may be easily dressed without any change of position. The couch should be contrived to allow the patient to be drawn in a carriage into the open air, by which the progress of recovery will be much accelerated. The irksomeness of long-continued repose should also be relieved by the invention of such pastimes as the patient can amuse himself with.

If the deformity produced by this disease has not made much progress, the constant horizontal position of the body may effect a reduction, or an entire removal of the spinal deviation. These are the cases where we are justified in keeping our patients for a year or more in an undeviating recumbent position, and it is only by perseverance in this, with the assistance of other means, that we can hope to remove any degree of the deformity. When anchylosis has already taken place, no amendment can be expected, but where this process is going on, constant repose will not only favour its progress, but position may also modify the deposition of ossific matter, so as to produce but little comparative deformity.

In decided cases of caries, although the recumbent position is essential, yet the progress of anchylosis between the two extremities of the diseased bones may be accelerated by such a position as will bring them nearer together. It is not at all improbable, as suggested by a late writer on the subject, Mr. Stafford, that anchylosis may have been prevented by over care in keeping a child labouring under this disease in too straight a position, and he has instanced a preparation in St. Bartholomew's Museum which appears to corroborate this opinion. I have seen many cases among the poor, where the recumbent position was never maintained at all, the disease making but slow progress, and no paralysis

occurring to take the child off its legs ; but where the angular projection was such as could only be produced by the destruction of the bodies of several vertebræ.

Anchylosis takes place early in young subjects, but is a very tedious process in more advanced life. However long the diseased surfaces of the vertebræ may take to consolidate, we may always expect confidently that it will at length be accomplished, if no abscess has occurred. It is only in neglected and very advanced states of the disease, that we are condemned to witness that wretched condition which entirely deprives the unfortunate sufferer of the use of his lower limbs, and places him beyond the reach of all the powers of art.

In speaking of the utility of moxas in this disease, I might remark, that in discarding the actual cautery, English surgeons have abandoned a most efficacious remedy, and many are equally prejudiced against the employment of the moxa. From personal experience I can assert, that the pain produced by this remedy is not greater than that of a blister, nor so great as that of a mustard cataplasm, and, were it again necessary, I would more willingly have a moxa burnt on my skin, than apply a blister to it.

The progress of recovery from this disease is very gradual, and great care is requisite to prevent convalescents from attempting too much exertion. The union of the upper and lower vertebræ is for some

time soft and flexible, from which it must be apparent that sitting up much at this period, before the parts are consolidated, a greater curvature or hump will be produced than when the recumbent position is steadily continued. Exercise in the open air for short intervals may be permitted, but a very strong injunction against sitting should be imposed. The horizontal position should still for many months be assumed when the body is not in exercise. Many exercises may also be employed with great advantage to the health while lying down, such as raising weights over pullies, &c. In many cases a steel support will be requisite for a year or two until the strength has become fully re-established.

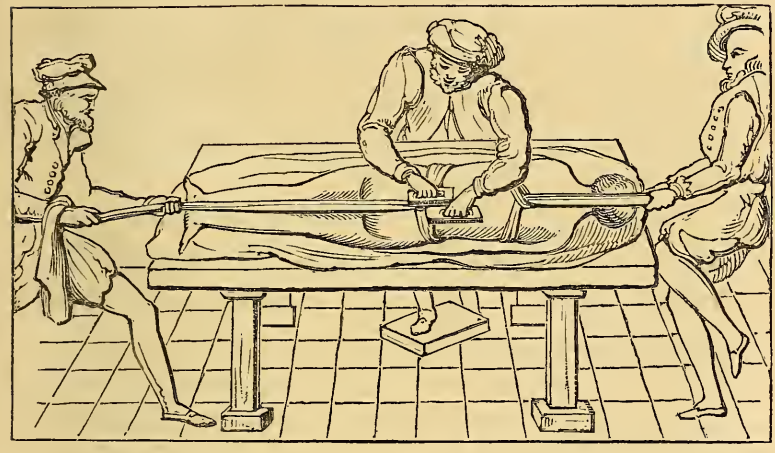
CHAPTER XII.

On the Mechanical Apparatus used in the Treatment of Deformities.

To describe a tenth part of the machinery invented for the cure of deformities, would alone require a larger volume than the present. I shall therefore confine my observations to some of the instruments employed in distortions, and to the principles on which they are applied.

Before the knowledge of anatomy was much diffused, the spine was considered by many as a single bone, and its curvatures were treated in the same manner that a bent stick would be, when the object was to make it straight. Force was applied to the two extremities to draw them into their proper position, and pressure was applied to the prominent part to thrust it into its place. Projections of the spine were afterwards considered to depend on dislocation of the vertebræ, a circumstance that can rarely happen among the cervical or lumbar vertebræ, and never among the dorsal, without fracture of some part of the bone, or most extraordinary relaxation

of the connecting bands of the ribs and vertebræ. This opinion, however, is still maintained, and the modern as well as the ancient practice is well illustrated in the woodcut below, copied from Ambrose Parée.*



In looking over the works of the old surgical writers, we never fail to meet with descriptions of

* I have, however, lately met with a case which appears like a dislocation of two of the dorsal vertebræ. On passing the fingers down the spine there is a depression where the spinous processes of the fifth and sixth dorsal vertebræ ought to be: the spinous processes are not to be felt. The man tells me that about a year since he was running and leaping with considerable violence, when he felt something snap in this part of his back, where he has ever since had more or less pain, with numbness of his lower extremities. He has not since the accident been able to take much exercise.

machinery and instruments, which pass for modern inventions. Hey's saw is a familiar instance, which is to be found figured by Ambrose Parée.—Many of the exercises and machines proposed of late years to ameliorate the condition of the vertebral column are recommended by Andry in his "Orthopédie," in which will be found many useful hints with regard to the physical education of children.

The following description is from an English translation of "the works of that famous Chirurgeon Ambrose Parée, 1649."

Chap. XVI. *How to Restore the Spine Outwardly Dislocated.*—"The vertebræ outwardly dislocated, when as they stand bunching forth, then it is fit to lay and stretch forth the patient upon a table, with his face downwards, and straitly to bind him about with towels under his arm-pits, and about the flanks and thighs. And then to draw and extend as much as we can, upwards and downwards, yet without violence: for unless such extension be made, restitution is not to be hoped for, by reason of the processes and hollowed cavities of the vertebræ, whereby, for the faster knitting, they mutually receive each other. Then must you lie with your hands on the extuberancies, and force in the prominent vertebræ. But if it cannot be thus restored, then it will be convenient to wrap two pieces of wood, of four fingers long, and one thick, more or less, in linen cloth, and so to apply one on each side

of the dislocated vertebræ, and so with your hand to press them against the bunching forth vertebræ, until you force them back into their seats, just after the manner you see before delineated.

" In the mean while have a care that you touch not the processes which stand up in the ridge of the spine, for they are easily broken. You may know that the vertebræ are restored by the equal smoothness of the whole spine. It is fit after you have restored it to bind up the part, and lay splints or plates of lead neatly made for that purpose upon it: but so that they may not press the crists, or middle processes of the vertebræ, which I formerly mentioned, but only the sides: then the patient shall be laid upon his back in his bed, and the splints long kept on, lest the vertebræ should fall out again." Page 386.

Although the principle on which such extensions and manipulations were applied, was erroneous, they might be beneficial in some cases, and the reputation acquired for them, by these instances of success, covered the mischief which must have resulted from their indiscriminate employment in all cases of spinal distortion. We may readily conceive the dreadful consequences which must have occasionally ensued, in tearing asunder newly formed anchylosis by these extensions and endeavours to reduce the supposed displacements of the vertebræ.

During the last century, all spinal distortions were

mechanically treated, many complicated and ingenious instruments were invented for this purpose, and the treatment of these infirmities became almost entirely the province of mechanics.* Various collars, back-boards, stays and spine-supporters, were employed, and the great object appeared to be, who should produce the most complicated machine. We have had occasion to dwell on the mischief which must result from the use of instruments to fulfil the office of the spinal muscles, which necessarily lose their powers, when their action is superseded or prevented by such means.

The ill consequences of the mechanical treatment of deformities of the spine, frequently presented themselves. Slight distortions were rendered worse, and bad ones were not mended; and on the recommendation of M. Baynton it became the fashion to condemn all persons, who either had or were threatened with spinal deformity, to an undeviating horizontal posture for months and years. This is excellent practice in many cases of diseased bone and cartilage, but in debilitated states of the muscu-

* If the fact was not well established, we should doubt the possibility of such an occurrence, as that of placing a deformed person in a kind of napkin-press, and reducing the distortion by the force of screws. A celebrated case occurred in France, of Madame de Montmorençi, whose death was occasioned in this manner, and among the plates of Le Vacher will be found one representing a girl in a machine of this kind.

lar system, the evil will be increased by such total inaction. Frequent failures threw this system and the inclined plane, which was a modification of it, out of fashion.

From the universal application of machinery, and of the recumbent position, we are now in danger of running into the opposite extreme,—of neglecting mechanical means and repose, and trusting too much to muscular exercise, gymnastics and callisthenics, which are not only to prevent, but to cure all varieties of spinal deformity.

All the means which have been enumerated are beneficial when applied to the proper cases. Various exercises in muscular debility, and in convalescence from diseases of the cartilages and bones; with the occasional use of spine-supporters in the intervals of repose and exercise; friction, manipulation and even pressure to lateral curvatures and projecting ribs; and undeviating rest in cases of caries.

Machinery is used in the treatment of deformities on two principles—1, to take off the superincumbent weight, from bones, cartilages, and ligaments, when these are diseased, softened, or relaxed, and incapable of performing their respective offices; 2, to act on shortened, contracted or rigid parts, and by extension to elongate them, or to bring them to their natural positions. On the first principle we make use of instruments to support the weight of the upper parts, when the limbs or spine, from any

cause, are incapable of doing so. The various back-boards, collars, &c. used in curvatures of the spine, and the machinery employed in cases of distorted knees, and bent legs, are applied on this principle. Contrivances for extending the spine, for extending or bending contracted joints, for restoring club-feet &c. are used on the second principle. In some instances both principles are combined. I shall say a few words on some of the various instruments used for these purposes in the order in which they are enumerated above.

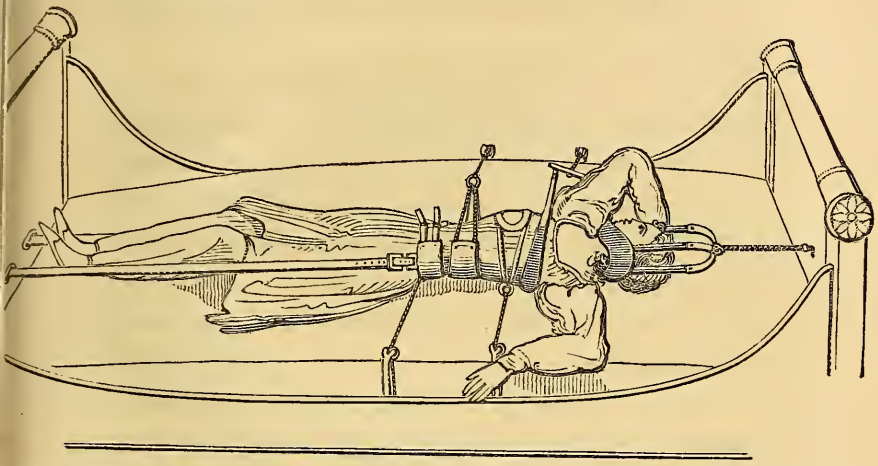
Crutches are the simplest contrivances used on the first principle, when the lower limbs lose the power of supporting the weight of the body. The various back-boards, collars, &c. used in curvatures of the spine, are employed with the same view. Crutches have some advantage over corsets and collars, inasmuch as they support the weight of the upper part of the body, without confining the muscles to total inaction. In walking, crutches should be of sufficient length to allow the extremity of the foot alone to touch the ground, and when attached to a seat, they should be high enough to raise the shoulders in the same manner as in the common mode of using them. The corsets employed in cases of distorted spine are occasionally useful, but much mischief has accrued from their indiscriminate employment. It must be obvious to every one, that where the primary source of distortion is a debili-

tated state of the muscles, instruments which are employed to support the spine, to do, in fact, what the muscles should of themselves effect, so far from removing the deformity, will tend to the aggravation of the malady; they may conceal the defect but they never can cure it. Instruments of this kind are useful in slight cases of lateral curvature, and in convalescence from disease of the fibro-cartilages, in the intervals of exercise, during meals, and to relieve the irksomeness occasioned by long-continued recumbency. The cure of the deformity will not be retarded by permitting such change of position, for we must always bear in mind that lateral curvatures, before they become permanently established, always disappear when the body is in exercise, and that it is in sitting or standing that the muscles first give way. Seats with crutches, spine-supporters, &c. may be employed in such cases of muscular debility without mischief, but when the bones are diseased, on no account should they be permitted, at no period of such malady can they be otherwise than prejudicial: repose is the fundamental principle in the treatment of these cases and should be most rigidly adhered to. When such instruments are employed, the simpler their structure, and the more easy their application, the better.

Several contrivances have been adopted for extending the spine. By some the compound pulley is employed: the patient being seated in a chair in

a door-way or other convenient place, and the cord fixed to straps connected with proper pads under the chin, jaws, and occiput, the head is gradually elevated. This mode of extension is objectionable, inasmuch as it acts chiefly on the cervical vertebræ. The most safe and most satisfactory mode of extension is effected in the recumbent position of the body, and may be accomplished by assistants, or machinery. Our continental neighbours have invented a great deal of machinery for this purpose: some of their extending couches and chairs are specimens of the most complex apparatus. If such an object cannot be accomplished with simplicity, we may generally conclude that there is something wrong in the means. In France there are establishments called "Maison's Orthopédiques," for the cure of deformities, and it seems to be an object with the proprietors of these houses to surpass each other in the invention of the most complex machinery. They not only stretch the spine, but apply mechanical means to act on the lateral contortions and inflections of the column. It is the practice in these institutions to keep up extension during the night as well as the day, and the patients sleep on beds to which they are fixed by the extending apparatus. I have here introduced a figure undergoing this process, which is effected by machinery concealed in the frame of the bed. The extension is rendered elastic by means of springs. The lateral bracings

are intended to operate on the respective curves or twists of the spine.



The foregoing sketch is taken from Delpech, and but for his well-established reputation as a surgeon, we might be disposed to smile at the apparent absurdity of such complicated machinery. Concealed within the frame of bed are pullies, wheels, and springs innumerable, to effect the simple purpose of extension. Any benefit that can result from such an apparatus, must be derived from the power of extension, in overcoming the rigidity of ligaments and the contractions of muscles, exactly on the same principle that it is employed in the contracted joints of the extremities. The essential purpose of all the complex machinery of the French will be effected by a screw, similar to that of the tourniquet, acting on

a bandage round the pelvis, the head being fixed in one of the common head-pieces of the inclined-plane, or by an apparatus similar to that represented in the sketch.

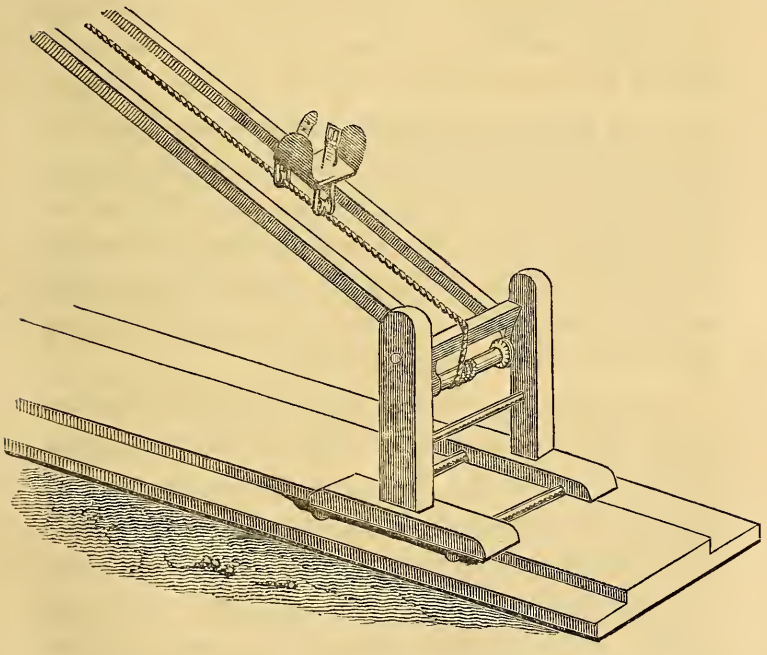
Those who are curious in machinery will find descriptions of a great variety of instruments used for distortions, in the works of Delpech and Lafond. The latter has a large Orthopédique at Paris, where he employs what he terms "Machines Oscillatoires" in the cure of every kind of deformity. He is evidently a most ingenious machinist, and no doubt many inveterate cases have yielded to such means, which had resisted the more common modes of treatment. But M. Delpech appears to have been equally successful in his mode of treatment, with machinery more approaching to simplicity than that of Lafond.

Mr. Shaw has given a representation of an apparatus employed by him for extending the lumbar region of the spine ; it consists of moveable boards on an inclined plane, and will be readily understood by referring to his folio plates, or to the woodcuts in his octavo volumes, in which will also be found many ingenious contrivances applicable to the treatment of spinal curvatures.

In recent and slight cases of lateral curvature, the elevated shoulder and projecting hip may be removed by extension, and we may demonstrate the opinion, the accuracy of which is generally

doubted, that these are merely consequences of spinal curvature, and not primary and essential de-deformities.

The following woodcut is copied from Delpech, and represents a contrivance by which exercise can be employed by convalescents from spinal diseases, and in all cases where it is not yet proper to allow the weight of the upper parts of the body to press on the spine. By means of this apparatus, as with



Mr. Shaw's inclined plane, a person can take exercise while in the recumbent position. The inclination of the machine with the horizon, may be altered

to suit the strength of the individual using it: when perfectly horizontal the exertion required to move forward is trifling; by raising its inclination, the exercise will be rendered more difficult, and better adapted to increase the power of the muscles when the patient is sufficiently advanced towards recovery to permit such exertions.

The machine is supported on a basis, which moves on four rollers, in a grooved platform. The frame on which the cord is stretched, is connected with this basis by a pivot, by which the angle formed with the horizon may be altered. Below the axis there is a windlass in the frame which increases the tension of the cord. The car is mounted on the tense cord by two pullies, one anterior and one posterior: its sides cannot be supported on the sides of the frame, without impeding motion, which renders it necessary to maintain the equilibrium, by the action of the lower extremities.

In the next page is a figure practising this exercise and in the act of ascending. The cord is borne down by the weight of the body, the knees are pressed against the sides of the frame to maintain the equilibrium of the car, the body is raised by the exertion of the arms, pulling at the side rails. This exercise obviously calls into play most of the muscles of the arms, chest, and spine, together with many of those of the lower limbs.

For the cure of contracted joints, in the intervals of friction and exercise, it is necessary to have a per-

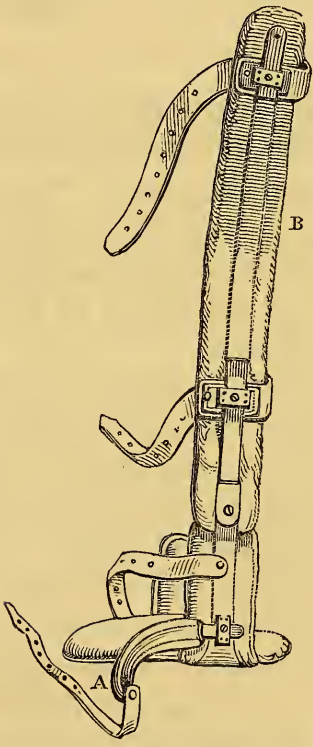
manent force acting either for the purpose of flexion or extension, to effect an elongation of the shortened muscles or contracted ligaments. Various and complicated instruments have have been invented for this purpose, but the simple contrivance of Mr. Amesbury for stiff joints, will in the majority of cases be found efficient.

The machinery employed in the treatment of club feet, is as various as there are various machinists, each preferring his own contrivance or adoption: those instruments are best which act by an elastic force, supplied by means of springs. Some instruments act by pushing, and others by drawing the foot in an opposite direction to that of the distortion.

It is generally necessary to have more than one spring, because in most cases the foot is distorted in more than one direction; so numerous, indeed, are

the differences in individual cases that no one machine can be applicable to all without some little modification.

The succeeding woodcut represents the instrument of Scarpa, slightly altered, it acts in the first instance by drawing the toes outwards, and then by bringing the whole foot into its proper direction with the bones of the leg. This figure represents the instrument, as it is required for the common cases, where the foot and toes are turned inwards.



This figure represents an instrument for the left foot.—A is a horizontal spring attached to the stirrup of an iron shoe, it bends outward from the foot, and when this is bound to it by means of straps, acts by drawing outwards the phalanges, metatarsus and part of the tarsus; in the original instrument of Scarpa this spring passes backward to the os calcis, and by a strap acts on this bone when it is drawn much inwards.—B is a vertical spring attached to the stirrup by a joint at the ankle, it bends outwards from the leg, and it must be obvious, that the closer this is bound to the upper part of the leg, the more will the foot be drawn out, towards the position it should maintain in relation with the tibia and fibula.

A much more simple instrument than this is figured by Dr. Colles in the Dublin Hospital Reports, vol. 1, and is sufficiently powerful to effect the cure of cases, in the earlier months of infancy:* but after this period, and especially when the child has been placed on its feet, the bones of the tarsus are forced into such peculiar positions, that an instrument of the power of that of Scarpa, becomes requisite.

Some machinists place the lever on the inside of the leg, and force the foot in the direction required, by means of one or more curved springs, acting

* This instrument is much improved by having the splints attached to the shoe by hinges.

from the lever on an iron shoe into which the foot is fixed. I should have given an engraving of this instrument, which is well adapted for many cases, but machinists do not like to part with their secrets. However, Scarpa's machine will answer in most cases after infancy, and that of Dr. Colles will be efficient in all new-born infants. In fact, if the instrument is made to act by an elastic force, and is properly applied to the resistance, it matters little what particular kind we employ: the grand secret of cure, in these cases, is perseverance.

In Mr. Amesbury's Syllabus is figured an instrument well adapted for the pes equinus, where the heel is retracted by the rigidity of the muscles of the calf and the tendo achillis. This figure represents one for the same purpose used by a celebrated orthopédiste of Paris, M. D'Ivernois, but the engraver has represented the foot in too natural a position, and has not properly expressed the joint at the ankle;

however, very little mechanical knowledge will supply his omissions. It will be obvious, where the toes point downwards, the nearer the lever is approached to the leg, the more the foot will be brought into its proper position.

In the figures of instruments, I purposely select such as are in use on the Continent, because they may suggest hints for the improvement of those employed in this country.

PLATES.

PLATE 1, represents the three varieties of Club-foot. The central figure represents a slight case of Valgus, but in bad cases of this variety, the foot will be drawn up and the dorsum will be approximated to the outside of the leg.

PLATE 2, from Scarpa. *Fig.* 1 is an anterior, and *Fig.* 2 is a posterior representation of the bones in a case of Varus, that variety of Club-foot in which the part is inverted and the outer margin of the foot bears on the ground.

PLATE 3, *(see Frontispiece)* represents the outward form of lateral curvature, and its effects on the skeleton.

PLATE 4, from Cruveilheir, shows the extent to which the spine may be deformed, without paralysis.

The individual to whom this belonged was not paraplegic, although the angle was so acute, but the pressure of the spinal marrow was probably prevented by the meeting of the eleventh with the fifth

dorsal vertebræ, the first of which was received into a kind of groove, hollowed in the body of the former. The bodies of the sixth, seventh, eighth, ninth and tenth dorsal vertebræ have almost completely disappeared, their confused remains form a mass covered with osseous vegetations. The foramina were all preserved but deformed, and diminished in size.—The spinous processes corresponding to the lost vertebræ, had undergone a remarkable deviation: instead of projecting more than usual, they were much inclined and even slightly curved, so as entirely to fill up the interval which separated the eighth from the ninth, and the ninth from the tenth dorsal vertebræ, and to complete posteriorly the medullary canal. The manner in which Nature had preserved the spinal canal in the midst of such devastation is remarkable. The vertebral column being sawed lengthwise we see *(Fig. 2)* with what apparent art the canal has been protected.

THE END.

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